

# GROUP EXERCISE TIMETABLE: 1 - 30 SEPTEMBER 2020

	STUDIO 2			STUDIO 1			POOL			QUBE		
MON	08.00-08.45	Yoga	Richard	09.15-10.00	Indoor Cycling	Ellie	08.15-08.55	Aqua	Mark	07.00-07.30	FST	Gym Team
	09.00-09.45	Yoga	Gabriel	10.15-11.00	BODYPUMP	Ellie	09.10-09.50	Aqua	Mark	09.30-10.00	TRX	Gym Team
	10.00-10.45	BODYBALANCE	Gabriel	11.30-12.15	Dance Fitness	Ingrida				18.15-18.45	FST	Gym Team
	11.00-12.00	Invincible Aerobics	Sam									
	18.00-18.45	Pilates	Claire	19.15-20.00	Indoor Cycling	Paul						
	19.00-19.45	Pilates	Claire									
TUE	07.30-08.15	Pilates	Heather	06.45-07.30	Spinning Tabata	Mark				07.00-07.30	TRX	Gym Team
	08.30-09.15	Pilates	Heather	09.15-09.45	GRIT	Ellie				09.30-10.00	FST	Gym Team
	09.30-10.15	Pilates	Claire	10.00-10.45	Bellicon	Vicky				18.15-18.45	TRX	Gym Team
	11.30-12.15	BODYBALANCE	Hannah	11.00-11.45	Zumba	Vicky						
	12.30-13.15	Pilates	Sonia	18.00-18.45	Bellicon	Ellie						
	19.15-20.00	Fitsteps	Kelly	19.15-20.00	Indoor Cycling	Ellie						
WED	08.30-09.15	Pilates	Helen	08.00-08.45	Spinning Tabata	Mark	08.30-09.15	Aqua	Sam	07.00-07.30	FST	Gym Team
	09.30-10.15	Pilates	Claire	09.00-09.45	Indoor Cycling	Eileen	09.30-10.15	Aqua	Sam	09.30-10.00	TRX	Gym Team
	10.30-11.15	Invincible Pilates	Claire	10.00-10.45	BODYPUMP	Eileen				18.15-18.45	FST	Gym Team
	18.00-18.45	Dance Fitness	Ingrida	18.00-18.45	Indoor Cycling	Eileen						
	19.00-19.45	Legs, Tums & Bums	Ingrida	19.15-20.00	BODYPUMP	Eileen						
THU	08.30-09.15	Pilates	Gabriel	09.00-09.45	Aerobics	Sam				07.00-07.30	TRX	Gym Team
	09.30-10.15	Pilates	Gabriel	10.00-10.30	GRIT	Ellie				09.30-10.00	FST	Gym Team
	11.30-12.15	Pilates	Nikki H	11.00-11.45	Zumba	Vicky				18.15-18.45	TRX	Gym Team
	12.30-13.15	Pilates	Nikki H	19.00-19.30	GRIT	Ellie						
	18.00-18.45	Yoga	Richard									
FRI	08.30-09.15	Fitsteps	Gabriel	07.00-07.45	Indoor Cycling	Ellie	08.15-08.55	Aqua	Mark	06.45-07.15	FST	Gym Team
	09.30-10.15	BODYBALANCE	Gabriel	09.15-10.00	Indoor Cycling	Paul	09.10-09.50	Aqua	Mark	09.30-10.00	TRX	Gym Team
	10.30-11.15	Invincible Aerobics	Kelly/Sam	11.30-12.15	Legs, Tums & Bums	Ingrida				18.15-18.45	FST	Gym Team
	11.30-12.15	Fitsteps	Kelly									
SAT	10.15-11.15	Yoga	Richard	09.00-09.45	Bellicon	Ingrida				09.15-09.45	FST	Gym Team
				10.30-11.15	Indoor Cycling	Paul				10.15-10.45	TRX	Gym Team
SUN	15.15-16.00	Pilates	Heather	09.15-10.00	Indoor Cycling	Eileen				09.15-09.45	FST	Gym Team
	16.15-17.00	Pilates	Heather	10.30-11.15	BODYPUMP	Eileen				10.15-10.45	TRX	Gym Team