

GROUP EXERCISE TIMETABLE: 19 JULY - 1 AUGUST 2021

	STUDIO 1			STUDIO 2			QUBE*			OTHER			
MON	06.45-07.30	Indoor Cycling	Jen	07.50-08.45	Yoga	Richard	06.45-07.15	FST	Gym Team	08.15-08.55	Aqua	Mark	Pool
	08.15-09.00	Indoor Cycling	Ellie	09.00-09.45	BODYBALANCE	Gabriel	08.45-09.15	TRX	Gym Team	08.55-09.35	Aqua	Mark	Pool
	09.15-10.00	Indoor Cycling	Ellie	10.00-10.45	Fitsteps	Gabriel	09.30-10.00	Tabata HIIT	Gym Team	09.35-10.15	Aqua	Mark	Pool
	10.15-11.00	BODYPUMP	Ellie	11.00-11.45	Invincible Aerobics	Nikki	12.30-13.00	FST	Gym Team				
	11.15-12.00	Legs, Tums & Bums	Ingrida	12.00-12.45	Inv. Yoga Somatics	Dorothy							
	12.15-12.45	Resistance Bands	Ingrida	13.00-13.45	Yoga Somatics	Dorothy							
	19.15-20.00	Indoor Cycling	Paul	18.00-18.45	Pilates	Claire	18.15-18.45	FST	Gym Team	18.00-18.45	Bootcamp	Astro	Ingrida
			19.00-19.45	Pilates	Claire								
TUE	06.45-07.30	Spinning Tabata	Mark	07.30-08.15	Pilates	Gabriel	06.45-07.15	TRX	Gym Team				
	07.45-08.30	Spinning Tabata	Mark	08.30-09.15	Pilates	Gabriel	08.45-09.15	TRX	Gym Team				
	09.00-09.45	BODYPUMP	Hannah	09.30-10.15	Yoga Somatics	Gabriel	09.30-10.00	FST	Gym Team				
	10.00-10.45	BODYBALANCE	Hannah	10.30-11.15	Pilates	Claire							
	11.00-11.45	Bellicon	Vicky	11.30-12.15	Barre	Claire							
	12.00-12.45	Zumba	Vicky	12.30-13.15	Pilates	Sonia							
	18.00-18.45	Indoor Cycling	Nikki	18.00-18.45	Yoga	Richard	18.15-18.45	TRX	Gym Team				
19.00-19.45	Legs, Tums & Bums	Nikki	19.15-20.00	Fitsteps	Kelly								
WED	07.15-08.00	Spinning Tabata	Mark	08.30-09.15	Yoga Somatics	Gabriel	06.45-07.15	FST	Gym Team	08.30-09.15	Aqua	Mark	Pool
	08.15-09.00	Indoor Cycling	Ellie	09.30-10.15	Fitsteps	Gabriel	08.45-09.15	TRX	Gym Team	08.30-09.15	Pilates	Helen	RDC
	09.15-10.00	Indoor Cycling	Eileen	10.30-11.15	Invincible Pilates	Claire	09.30-10.00	TRX	Gym Team	09.15-10.00	Aqua	Mark	Pool
	10.15-11.15	BODYPUMP	Eileen	11.30-12.15	Invincible Yoga	Richard	12.30-13.00	FST	Gym Team	09.30-10.15	Pilates	Claire	RDC
	11.30-12.15	Bellicon	Vicky	12.30-13.15	Yoga	Richard							
	18.00-18.45	Indoor Cycling	Eileen	18.00-18.45	Dance Fitness	Ingrida	18.15-18.45	FST	Gym Team				
	19.00-20.00	BODYPUMP	Eileen	19.00-19.45	Legs, Tums & Bums	Ingrida							
THU	09.00-09.45	Barre	Hannah	09.30-10.15	Zumba	Vicky	06.45-07.15	TRX	Gym Team	08.30-09.15	Pilates	Gabriel	RDC
	10.00-10.45	Aerobics	Nikki	10.30-11.15	Pilates	Helen	09.45-10.15	Tabata HIIT	Gym Team	09.30-10.15	Pilates	Gabriel	RDC
	11.00-11.45	Bellicon	Eileen	11.30-12.15	Pilates	Helen							
	18.00-18.45	Bellicon	Ellie	12.30-13.15	Pilates	Helen	18.15-18.45	TRX	Gym Team				
	19.00-19.45	S&C	Lana	18.00-18.45	BODYBALANCE	Gabriel							
			19.00-19.30	Resistance Bands	Ellie								
FRI	07.00-07.45	Indoor Cycling	Nikki	08.30-09.15	Fitsteps	Gabriel	06.45-07.15	FST	Gym Team	08.15-09.00	Aqua	Sam	Pool
	08.15-09.00	Indoor Cycling	Paul	09.30-10.15	BODYBALANCE	Gabriel	08.30-09.00	TRX	Gym Team	09.00-09.45	Aqua	Sam	Pool
	09.15-10.00	Indoor Cycling	Paul	10.30-11.15	Invincible Aerobics	Kelly/Sam	12.30-13.00	FST	Gym Team				
	10.30-11.15	S&C	Ingrida	11.30-12.15	Fitsteps	Kelly							
	11.30-12.15	Dance Fitness	Ingrida	12.30-13.15	Aerobics	Kelly	18.15-18.45	FST	Gym Team				
SAT	08.45-9.30	Bellicon	Ingrida	10.15-11.15	Yoga	Richard	09.15-09.45	FST	Gym Team	10.30-11.15	Bootcamp	Ingrida	Astro
	09.45-10.15	Resistance Bands	Ingrida	11.30-12.30	Yoga	Richard	10.15-10.45	TRX	Gym Team				
	10.30-11.15	Indoor Cycling	Paul										
SUN	09.15-10.15	Indoor Cycling	Eileen	15.15-16.00	Pilates	Heather	09.15-09.45	FST	Gym Team				
	10.30-11.30	BODYPUMP	Eileen	16.15-17.00	Pilates	Heather	10.15-10.45	TRX	Gym Team				
				17.15-18.00	Pilates	Heather							

Classes highlighted are LIVESTREAMED using TeamUp.

Please see the Group Exercise section of our website to find out how to attend these classes.