

GROUP EXERCISE **TIMETABLE** Valid from 2nd January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	07:10-07.40 Studio 1 BODYATTACK Express Krissy	07:10-07.40 Studio 1 GRIT Plyo Marci	07:15-07.45 Cycle Studio Les Mills Sprint Marina	07:15-08.00 Studio 1 BODYPUMP Sebastien	07:15-08.00 Cycle Studio RPM Maria	10:00-10.45 Studio 1 BODYPUMP Dani/Krissy	10:15-10.35 Gym Floor LBT Gym Team
	07:15-08.00 Cycle Studio RPM Naz	07:15-08.00 Cycle Studio RPM Krissy	07:45-08.15 Studio 1 GRIT Strength Medea	07:30-08.00 Cycle Studio Les Mills Sprint Carly	08:00-08.20 Gym Floor Power Stretch Gym Team	10:50 – 11:10 Gym Floor Six Pack Workout Gym Team	10:30-12.00 Studio 2 Yoga Flow Chloe/Jade
	07:45-08.15 Studio 1 BODYPUMP Express Krissy	07:45-08.30 Studio 1 BODYPUMP Carly	07:55-08.25 Studio 2 CXWORX Maria	08:00 – 08:20 Gym Floor Six Pack Workout Gym Team	08:05-08.35 Studio 1 GRIT Strength Maria	10:50-11.50 Studio 1 BODYATTACK Dani/Krissy	
	08:00 – 08:20 Gym Floor Six Pack Workout Gym Team	08:00-08.20 Gym Floor LBT Gym Team	08:00 – 08:20 Gym Floor Six Pack Workout Gym Team				
Afternoon	12:00-12.45 Studio 1 BODYATTACK Natalie	12:00-12.45 Studio 1 BODYPUMP Sebastien	12:00-12.45 Studio 1 BODYATTACK Laura	12:00-12.30 Studio 1 GRIT Strength Tyrone	12:05-13.05 Studio 2 Dynamic Flow Yoga Simon		
	12:15-13.15 Studio 2 Dynamic Flow Yoga Julie	12:15-13.00 Studio 2 BODYBALANCE Sharon	12:15-13.00 Studio 2 Yoga Flow Tanya	12:15-13.00 Studio 2 Dance Fitness Heather	12:15-13.00 Studio 1 Circuit Mikey		
	12:20-12.50 Cycle Studio Les Mills Sprint Carly	12:25-12.45 Gym Floor Battle & Slam Gym Team	12:30-13.15 Cycle Studio Group Cycle Uliana	12:15-13.00 Cycle Studio RPM Marina	12:15-13.00 Cycle Studio RPM Carly		
	12:25 – 12:45 Gym Floor LBT Gym Team	12:50 – 13:10 Gym Floor Six Pack Workout Gym Team	12:35 – 12:55 Gym Floor Sports Conditioning Gym Team	12:30-13.15 Studio 1 HIIT Tyrone	12:45-13.05 Gym Floor Battle & Slam Gym Team		
	12:50 – 13:10 Gym Floor Gliding Gym Team	12:50-13.20 Studio 1 HIIT Carlton	12:50-13.20 Studio 1 GRIT Cardio Tyrone	12:35-12.55 Gym Floor Military Bootcamp Gym Team	13:05-13.50 Studio 1 BODYPUMP Carly		
	12:55-13.40 Studio 1 BODYPUMP Liam	12:50-13.35 Cycle Studio RPM Sebastien	13:00-13.20 Gym Floor LBT Gym Team	13:00-13.45 Studio 2 Pilates Marisa	13:10 – 13:30 Gym Floor Six Pack Workout Gym Team		
	13:05-13.50 Cycle Studio RPM Carly	13:05-13.50 Studio 2 Pilates Arvin	13:05-13.50 Studio 2 BODYBALANCE Ross	13:15-14.00 Studio 1 BODYPUMP Marina	13:35-13.55 Gym Floor Power Stretch Gym Team		
	13:15 – 13:35 Gym Floor Six Pack Workout Gym Team	13:20-13.40 Gym Floor Power Stretch Gym	13:25-13.45 Gym Floor Power Stretch Gym Team	13:25 – 13:45 Gym Floor Six Pack Workout Gym Team			
Evening	13:20-14.05 Studio 2 BODYBALANCE Natalie	13:25-13.55 Studio 1 GRIT Strength Maria	13:25-13.55 Studio 1 CXWORX Gil	17:30-18.30 Studio 2 Pilates Michael			
	17:40-18.10 Studio 2 CXWORX Maria	17:40-18.25 Studio 1 BODYPUMP Zee	17:45-18.15 Studio 1 GRIT Cardio Matt	17:35-18.05 Studio 1 GRIT Strength Nyd	17:45 – 18:05 Gym Floor Sports Conditioning Gym Team		
	17:40-18.00 Gym Floor Military Bootcamp Gym Team	17:40-18.40 Studio 2 Slow Flow Yoga Chloe	18:00-18.45 Studio 2 BODYBALANCE Sam	18:10-18.55 Studio 1 BODYATTACK Donal	17:45-18.45 Studio 1 BODYPUMP Sebastien		
	17:45-18.30 Studio 1 BODYPUMP Sharon	17:45-18.05 Gym Floor LBT Gym Team	18:20-18.40 Gym Floor Gliding Gym Team	18:35-18.55 Gym Floor Triathlon Gym Team	18:10 – 18:30 Gym Floor Six Pack Workout Gym Team		
	18:10 – 18:30 Gym Floor Six Pack Workout Gym Team	18:10 – 18:30 Gym Floor Six Pack Workout Gym Team	18:20-19.05 Studio 1 BODYPUMP Matt	19:00-19.20 Gym Floor Power Stretch Gym Team	18:35-18.55 Gym Floor Power Stretch Gym Team		
	18:15-19.00 Cycle Studio RPM Maria	18:15-19.00 Cycle Studio RPM Mauricio	18:45 – 19:05 Gym Floor Six Pack Workout Gym Team				
	18:15-19.15 Studio 2 Pilates Michael	18:30-19.15 Studio 1 BODYCOMBAT Zee	19:10-19.30 Gym Floor Power Stretch Gym Team				
	18:35-19.20 Studio 1 BODYCOMBAT Sharon	18:45-19.30 Studio 2 Dance Fitness Martine					

Please note we have colour coded our classes:

Mind/Body
HIIT
Resistance
Cardio
Fast Class

PLEASE NOTE THAT NO ENTRY WILL BE ALLOWED INTO CLASSES AFTER THE WARM UP IS COMPLETE.

THE HEALTH CLUB
COLLECTION

