



*Bookings Essential for Spin (Please call reception to book). Group Fitness Memberships available for unlimited classes. Casual classes \$15 or 10 for \$100

Group Fitness Timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Body Pump 0600 – 0700 Function Room	HIIT 0630 – 0700 Function Room	Pilates 0600-0700 Function Room	Body Pump 0600 – 0700 Function Room	Body Pump 0600 – 0700 Function Room	
	Pilates 0900-1000 Function Room		Zumba 0900-1000 Court 5		Zumba 0900-1000 Court 5	Body Combat 0815 - 0900 Group Fitness
	Body Pump 1015-1115 Function Room	Yoga 0915-1015 Group Fitness	Body Pump 0915-1015 Function Room	Tai Chi 1000 – 1100 Group Fitness	Body Pump 0915-1015 am Function Room	Body Pump 1015-1115 Function Room
	Better Balance 1045 - 1145 Court 8		Pilates 1015-1115 Function Room			Pilates 1115-1200 Function Room
PM						
	Cross Trainer 1730 – 1830 Group Fitness		Body Pump 1630-1730 Function Room	Yoga 1800 - 1900 Group Fitness		
	Pilates 1800 - 1900 Function Room	Body Pump 1800 – 1900 Group Fitness	Tai Chi 1730 – 1830 Group Fitness	MetaPwr 1900 - 2000 Function Room		
	MetaPwr 1800 – 1900 Gym Floor		Pilates 1800-1900 Function Room	Konga 1915 – 2015 Function Room		

Intensity Guide
Low
Moderate
High
Vigorous

Rooms
<ul style="list-style-type: none"> • Group Fitness • Gym Floor • Function Room • Court 5