

Group Fitness Timetable | January 19

Mon

Tue

Wed

Thurs

Fri

Sat

AM classes

6 - 7
Bodypump
Function room

NEW

6.30 - 7
HIIT
Function room

6 - 7
Pilates
Function room

6 - 7
Bodypump
Function room

6 - 7
Bodypump
Function room

9 - 10
Pilates
Function room

9.15 - 10.15
Yoga
Group fitness

9.15 - 10.15
Zumba
Court 5

NEW

10 - 11
Better Balance
Court 6

9.15 - 10.15
Zumba
Court 5

8.15 - 9
Bodycombat
Group fitness

10.15 - 11.15
Bodypump
Function room

9.15 - 10.15
Bodypump
Function room

9.15 - 10.15
Bodypump
Function room

10.15 - 11.15
Bodypump
Function room

10.45 - 11.45
Better Balance
Court 8

10.15 - 11.15
Pilates
Function room

11.15 - 12
Pilates
Function room

PM classes

17.30 - 18.30
Cross Trainer
Group fitness

16.30 - 17.30
Bodypump
Function room

18 - 19
Yoga
Group fitness

18 - 19
MetaPwr
Gym floor

19 - 20
MetaPwr
Function room

18 - 19
Pilates
Function room

18 - 19
Bodypump
Group fitness

18 - 19
Pilates
Function room

19.15 - 20.15
Konga
Function room



Group fitness membership available for unlimited classes
Casual classes \$15 per session
or
\$100 for 10 sessions