

# Group Fitness Timetable - April 2019

Mon	Tue	Wed	Thurs	Fri	Sat
6 - 7 <b>Bodypump</b> Function room	6.30 - 7 <b>HIIT</b> Function room	6 - 7 <b>Pilates</b> Function room	6 - 7 <b>Bodypump</b> Function room	6 - 7 <b>Bodypump</b> Function room	
9 - 10 <b>Pilates</b> Function room		9 - 10 <b>Better Balance</b> Court 4	6.30 - 7 <b>HIIT</b> Court 5	9 - 10 <b>Better Balance</b> Court 4	8.15 - 9 <b>Bodycombat</b> Group fitness
10.15 - 11.15 <b>Bodypump</b> Function room	9.15 - 10.15 <b>Yoga</b> Group fitness	9.15 - 10.15 <b>Zumba</b> Court 5	9 - 9.50 <b>Tai Chi (Intermediate)</b> Group fitness <b>No Class 18/4 &amp; 25/4</b>	9.15 - 10.15 <b>Zumba</b> Court 5	10.15 - 11.15 <b>Bodypump</b> Function room
10.45 - 11.45 <b>Better Balance</b> Court 4		9.15 - 10.15 <b>Bodypump</b> Function room	10 - 11 <b>Tai Chi (beginner)</b> Group fitness <b>No Class 18/4 &amp; 25/4</b>	9.15 - 10.15 <b>Bodypump</b> Function room	11.15 - 12 <b>Pilates</b> Function room
17.30 - 18.30 <b>Freestyle Step</b> Group fitness		10.15 - 11.15 <b>Pilates</b> Function room		 <p>Group fitness membership available for unlimited classes</p> <p>Casual classes \$15 per session or \$100 for 10 sessions</p> <p>email: <a href="mailto:marcus.lj@warwickstadium.com.au">marcus.lj@warwickstadium.com.au</a> <a href="http://www.warwickwomensworkout.com.au">www.warwickwomensworkout.com.au</a> Tel: 08 9247 2266</p>	
18 - 19 <b>MetaPwr</b> Gym floor			18 - 19 <b>Yoga</b> Group fitness		
18 - 19 <b>Pilates</b> Function room		17.30 - 18.30 <b>Tai Chi (beginner)</b> Group fitness <b>No Class 17/4 &amp; 24/4</b>	19 - 20 <b>MetaPwr</b> Gym floor		
18.45 - 19 <b>Konga</b> (Ladies Only) Group fitness	18 - 19 <b>Bodypump</b> Group fitness	18 - 19 <b>Pilates</b> Function room	19.15 - 20.15 <b>Konga</b> (Ladies Only) Group fitness		