



WHAT'S ON - GROUP FITNESS

Time	Class	Venue	Instructor
8.15 - 9.00am	Body Attack	Main Studio	Kylie
	RPM	Studio 2	Caroline
9.00 - 9.45am	Body Step	Main Studio	Hala
9.00 - 10.00am	Aqua	Pool	Sue H
9.30 - 10.30am	Request-a-Track Cycle	Studio 2	Liz H & Simon
9.45 - 10.30am	Body Pump	Main studio	Stella
10.30am	Event presentations		
11.00 - 11.45am	Body Balance	Main studio	Nat
	Pilates	Studio 2	Maree
11.45 - 12.30pm	Body Combat	Main studio	Dickie
12.30 - 1.30pm	Yoga	Main studio	Joanne
1.30 - 2.30pm	Zumba	Main studio	Danzaloca