

GROUP FITNESS TIMEABLE - MAIN STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	FUNCTIONAL STRENGTH 45 mins	BODYPUMP 45 mins	BODYPUMP HEAVY 30 mins	BODYATTACK 45 mins	BODYPUMP 60 mins		
6:30am			CORE 30 mins				
6:45am						FUNCTIONAL STRENGTH 45 mins	
7:50am						Pilates 45 mins	
8:00am		BODYATTACK 45 mins		SHAPES 45 mins			
8:05am			YOGA 75 mins				
8:30am	PILATES 45 mins						
8:40am					BODYCOMBAT 45 mins		SHAPES 45 mins
8:45am						BODYATTACK 45 mins	
8:50am		FUNCTIONAL STRENGTH 45 mins		FREESTYLE DANCE 45 mins			
9:30am	BODYPUMP 60 mins		BODYPUMP 60 mins		BODYPUMP/CORE 60 mins	BODYCOMBAT 45 mins	BODYCOMBAT 60 mins
9:40am		BODYCOMBAT 60 mins		BODYPUMP 60 mins			
10:30am						BODYPUMP 60 mins	
10:35am			SHAPES 45 mins				BODYPUMP HEAVY 30 mins
10:45am	FREESTYLE DANCE 45 mins	BODYBALANCE 60 mins		BODYBALANCE 60 mins	PILATES 45 mins		
11:05am							CORE 30 mins
11:30am			FREESTYLE DANCE 45 mins				
11:35am						BODYBALANCE 60 mins	
11:45am							YOGA 75 mins
12.30 pm		BODYPUMP 45 mins		BODYPUMP HEAVY 45 mins			
12:45pm						ZUMBA 45 mins	
4:30pm			FUNCTIONAL STRENGTH 45 mins				
5:00pm	YOGA 55 mins			BODYPUMP 60 mins			
5:15pm			SHAPES 45 mins				
5:30pm		BODYPUMP/CORE 60 mins					
6:00pm	BODYATTACK 45 mins		BODYCOMBAT 45 mins				
6:05pm				ZUMBA 45 mins			
6:35pm		BODYBALANCE 60 mins					
6:45pm	BODYPUMP HEAVY 45 mins						

TIMETABLE - CYCLE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		RPM 50 mins	SPRINT 30 mins	RPM 50 mins			
6:15am	SPRINT 30 mins				SPRINT 30 mins		
7:00am						RPM 50 mins	
8:00am							RPM 50 mins
8:45am						SPRINT 30 mins	
9:00am							RPM 50 mins
9:30am	RPM 50 mins	CYCLE 50 mins	RPM 50 mins	SPRINT 30 mins	CYCLE 50 mins	RPM 50 mins	
12.30 pm	SPRINT 30 mins		SPRINT 30 mins		RPM 50 mins		
5:45pm			CYCLE 50 mins				
6:00pm	RPM 50 mins			RPM 50 mins			
6:30pm		SPRINT 30 mins					

TIMETABLE - POOL & GYM

GYM	POOL
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	HYROX 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	
6:45am	HYROX 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	
7:30am						SWEAT 45 mins
9:00am		SWIM SQUAD 60 mins		SWIM SQUAD 60 mins		
9:15am		HYROX 45 mins				AQUA 45 mins
10:00am	AQUA 45 mins				AQUA 45 mins	
10:30am	FUNCTIONAL FITNESS 30 mins		FUNCTIONAL FITNESS 30 mins		FUNCTIONAL FITNESS 30 mins	
10:45am			AQUA 45 mins			
11:00am		GOLD CIRCUIT 45 mins		GOLD CIRCUIT 45 mins		
12:30pm	SWEAT 45 mins			SWEAT 45 mins		
5:30pm				HYROX 45 mins		

TIMETABLE - COMMUNITY CENTRES

SHENTON PARK COMMUNITY CENTRE	THE PALMS COMMUNITY CENTRE
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Time	Monday	Tuesday	Wednesday	Thursday
9:30am			GOLD FITNESS 45 mins	GOLD FITNESS 45 mins
10:00am		GOLD DANCE 45 mins		
10:30am			CHAIR YOGA 60 mins	GOLD PILATES 45 mins
10:45am	CHAIR YOGA 60 mins			
11:00am		GOLD PILATES 60 mins		