

FITNESS CLASS TIMETABLE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Time	Class	Time	Class	Time	Class	Time	Class	Time	Class	Time	Class	Time	Class
06.00am	HIIT			06.00am	HIIT			06.00am	HIIT	08.00am	Yoga Infusion	09.00am	PAD's
09.30am	BODYATTACK	09.00am	Power Ab's	09.30am	BODYATTACK	09.30am	BODYCOMBAT	09.30am	BTT●	09.00am	Pilates	10.00am	BODYCOMBAT●
10.30am	BTT	09.30am	BODYPUMP	10.30am	BODYPUMP●	10.30am	BTT●	10.20am	Yoga	10.00am	BODYATTACK	10.45am	BODYPUMP●
11.30am	Yoga	10.30am	Pilates	11.15am	Spin	11.15am	Spin	11.30am	Zumba	11.00am	FitKids 5-6 years	11.30am	Power Ab's
17.00pm	PAD's	11.30am	FitSteps	12.00pm	Express Circuits	13.00pm	Pilates	12.30pm	HIIT				
18.15pm	Spin●	18.00pm	Power Ab's	17.15pm	Express Yoga	18.15pm	Spin●	14.00pm	S1-S6 Fitness				
19.00pm	BODYPUMP	18.30pm	BODYPUMP●	17.45pm	Pilates	19.00pm	Pilates	18.15pm	BODYPUMP				
20.00pm	BODYBALANCE	19.15pm	BODYCOMBAT	18.30pm	SH'BAM●	20.00pm	BODYCOMBAT						
				19.05pm	BODYPUMP●								
				19.50pm	Spin●								
POOL TIMETABLE													
		TUESDAY		WEDNESDAY		THURSDAY							
		Time	Class	Time	Class	Time	Class						
		09.00am	AQUA●	19.30pm	AQUA●	11.30am	AQUA●						
		10.00am	AQUA●										
CLASS DESCRIPTION & INTENSITY SCALE													
HIIT/ MetaFit	Cardio	***		PAD's	Conditioning	***		FitSteps	Dance	**		KEY:	
BODYATTACK	Cardio	***		Spin	Cardio	***		Zumba	Dance	**		Low*	
BTT	Conditioning	**		BODYPUMP	Conditioning	***		Sh'Bam	Dance	**		Medium**	
Pilates	Mind & Body	**		Yoga	Mind & Body	**		AQUA	Cardio	**		High***	
BODYBALANCE	Mind & Body	**		Circuits	Conditioning	***		S1-6	Kids			45min Class●	