

FITNESS TIMETABLE



STUDIO TIMETABLE													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Time	Class	Time		Time	Class	Time	Class	Time	Class	Time	Class	Time	Class
06.30AM	HIIT			06.30AM	HIIT			06.30am	HIIT	08.00am	Yoga Infusion	09.30am	BODYCOMBAT●
09.30am	BODYATTACK	09.00am	Power Ab's	08.30am	SH'BAM●	09.30am	BODYCOMBAT	08.30am	Sh'Bam	09.00am	Pilates	10.15am	BODYPUMP●
10.30am	BTT	09.30am	BODYPUMP	09.30am	BODYATTACK	10.30am	BTT●	09.30am	BTT	10.00am	BODYATTACK	11.00AM	GAZCAMP
11.30am	Yoga	10.30am	Pilates	10.30am	BODYPUMP●	13.00pm	Pilates	10.20am	Yoga				
18.15pm	Spin	11.30am	FitSteps	11.15am	BODYBALANCE	18.15pm	Spin●	11.30am	Zumba				
19.00pm	BODYPUMP	18.00pm	Power Ab's	17.15pm	Express Yoga	19.00pm	Pilates	17.45pm	Bodypump				
20.00PM	BODYBALANCE	18.30pm	BODYPUMP●	17.45pm	Pilates								
		19.15pm	BODYCOMBAT	18.30pm	GAZCAMP								
				19.20pm	BODYPUMP●								
				20.00pm	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	**					
BODYATTACK	Cardio	***	Spin	Cardio	***	Zumba	Dance	**				Low*	
BTT	Conditioning	**	BODYPUMP	Conditioning	***	Sh'Bam	Dance	**				Medium**	
Pilates	Mind and Body	**	Yoga	Mind and Body	**	AQUA	Cardio	**				High***	
BODYBALANCE	Mind and Body	**	Circuits	Conditioning	***	S1-6	Kids					45min Class●	