

# TIMETABLE

EFFECTIVE 22 MARCH 2021

## STAFFED HOURS

Monday - Wednesday 8.30am - 7.30pm  
 Thursday 8.30am - 7.00pm  
 Friday 8.30am - 5.00pm  
 Saturday 8.00am - 2.00pm  
 Sunday & Public Holidays Unstaffed

### GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM			<b>BOXING</b> 45MINS				
7.30AM		<b>REVIVE</b> 55MINS		<b>REVIVE</b> 55MINS		<b>SMP</b> 55MINS	
8.00AM	<b>SMP</b> 55MINS		<b>SMP (Pound)</b> 55MINS				<b>KIMAX</b> 50MINS
8.30AM		<b>ZUMBA</b> 55MINS				<b>BODY STEP</b> 55MINS	
9.00AM	<b>HIIT</b> 30MINS		<b>KIMAX</b> 55MINS	<b>GRIT</b> 30MINS	<b>BODY COMBAT</b> 30MINS		<b>YOGA</b> 60MINS
9.30AM	<b>BODY STEP</b> 45MINS	<b>BODY PUMP</b> 60MINS		<b>BODY COMBAT</b> 60MINS	<b>BODY PUMP</b> 60MINS	<b>ZUMBA</b> 60MINS	
10.00AM			<b>ABT</b> 30MINS				
10.30AM				<b>BODY BALANCE</b> 60MINS			
11.30AM	<b>COTA*</b> 60MINS		<b>COTA*</b> 60MINS		<b>COTA*</b> 60MINS		
5.30PM	<b>SHOCKWAVE</b> 30MINS	<b>LES MILLS CORE</b> 30MINS	<b>BODY PUMP</b> 55MINS				
6.00PM	<b>ATB</b> 45MINS	<b>GRIT</b> 30MINS		<b>KIMAX</b> 60MINS			
6.30PM		<b>POUND</b> 45MINS	<b>ZUMBA</b> 60MINS				
7.00PM	<b>STEP</b> 60MINS						
7.15PM							

### CYCLE STUDIO

6.00AM	<b>RPM</b> 45MINS				<b>RPM</b> 45MINS		
8.30AM						<b>SUPER SPIN</b> 45MINS	
9.30AM				<b>SPIN</b> 30MINS			
6.00PM	<b>RPM</b> 45MINS						

PLEASE NOTE: This timetable is subject to change.