

		Monday			Tuesday			Wednesday			Thursday		Friday		Saturday	
		Room 1	Room 2	Spin	Room 1	Room 2	Spin	Room 1	Room 2	Spin	Room 1	Room 2	Room 1	Room 2	Room 2	Spin
5:15-6:00	Program	S&C			Bootcamp			S&C			Bootcamp		S&C			
	Instructor	Monique			Blake			Blake			Monique		Blake			
6:15-7:00	Program	Bootcamp					Spin			Spin	BoxFit			Pump		
	Instructor	Monique					Jodie			Tarnz	Monique			Tarnz		
7:30-8:15	Program															Spin
	Instructor															Jodie
8:00-8:45	Program		GEMS											GEMS		
	Instructor		Blake											Blake		
8:30-9:15	Program														Mat Pilates	
	Instructor														Jodie	
9:30-10:15	Program	Pump			HIIT				Yoga		S&C			Pump		
	Instructor	Tarnz			Tarnz				Janis		Tarnz			Bec		
10:30-11:15	Program	StretchFit										StretchFit				
	Instructor	Tarnz									Tarnz					
12:15-12:45	Program	Express			Express			Express			Express		Express			
	Instructor	Matt			Matt			Blake			Ava		Ava			
4:30-5:15	Program											Mat Pilates				
	Instructor					StepFit						Ava				
5:30-6:15	Program	Bootcamp				Tarnz		HIIT			Bootcamp		S&C			
	Instructor	Jodie						Monique			Ben		Monique			
6:15-7:00	Program	CoreFit			StretchFit			BoxFit					Bootcamp			
	Instructor	Hayley			Tarnz			Monique					Monique			

* Please book in for classes via the Member Portal to secure your spot.
Group Fitness Timetable effective from 6.7.26