

GROUP FITNESS TIMETABLE

SEPTEMBER 2024

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
MONDAY	0700-0745	Sunrise Yoga	Fitness Studio	Lianne
	0700-0745	Group Cycle	Spin Studio	Tracey
	0915-1000	Aqua	Swimming Pool	Monica
	0930-1015	LBT	Fitness Studio	Georgina
	1030-1130	Yoga	Fitness Studio	Angela M
	1030-1115	Group Cycle	Spin Studio	Georgina
	1145-1230	Low & Tone	Fitness Studio	Monica
	1245-1330	Low & Tone	Fitness Studio	Monica
	1715-1745	Abs Blast	Fitness Studio	Becci
	1800-1845	Bootcamp	Fitness Studio	Becci
	1800-1845	Group Cycle	Spin Studio	Ella
	1900-1945	Group Cycle	Spin Studio	Brian
	1915-2000	Zumba	Fitness Studio	Alys
	1945-2030	Aqua	Swimming Pool	Monica
2015-2115	Yogalates	Fitness Studio	Mandy	

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
TUESDAY	0700-0745	Body Pump	Fitness Studio	Tracey
	0930-1015	Dance Floor Fillers	Fitness Studio	Holley
	1015-1100	Aqua	Swimming Pool	Toni
	1030-1115	Beginner's Yoga	Fitness Studio	Helga
	1130-1215	Pilates	Fitness Studio	Liz
	1130-1215	Pilates	Fitness Studio	Eraldo
	1230 - 1315	Step	Fitness Studio	Lisa
	1400 - 1445	Pilates	Fitness Studio	Eraldo
	1730-1800	H.I.I.T	Fitness Studio	Tracey
	1805-1850	Pilates	Fitness Studio	Angela M
	1815-1900	Group Cycle	Spin Studio	Matt
	1900-1945	Yoga	President's Lounge	Elisa
	1900-1945	Body Conditioning	Fitness Studio	Angela
	1915-2000	Group Cycle	Spin Studio	Matt
2000-2045	Body Combat	Fitness Studio	Sarah/Ella	

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
WEDNESDAY	0700-0745	Circuits	Fitness Studio	Tracey
	0930-1015	Aqua	Swimming Pool	Holley
	0930-1015	Zumba	Fitness Studio	Cheryl
	1030-1115	Group Cycle	Spin Studio	Melissa
	1030-1115	Yoga	Fitness Studio	Karl
	1130-1215	LBT	Fitness Studio	Georgina
	1230-1315	LBT	Fitness Studio	Georgina
	1400-1445	Pilates for a healthy spine	Fitness Studio	Laura
	1745-1830	Body Balance	Fitness Studio	Rebecca
	1800-1845	Yoga	Presidents Lounge	Catarina
	1815-1900	Group Cycle	Spin Studio	Katherine
	1845-1930	Body Combat	Fitness Studio	Ella
	1900-1945	Dance Cardio	Squash Court	Natalie
	1900-1945	Aqua	Swimming Pool	Stacey
	1935-2020	Body Pump	Fitness Studio	Maria
2020-2120	Yoga	Fitness Studio	Lianne	

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
THURSDAY	0700-0745	Body Combat	Fitness Studio	Tracey
	0930-1015	Pilates	Fitness Studio	Holley
	1015-1100	Aqua	Swimming Pool	Tracey
	1030-1115	Aerobics	Fitness Studio	Holley
	1130-1215	Low & Tone	Fitness Studio	Holley
	1230-1315	Yoga	Fitness Studio	Karl
	1745-1845	Yoga	Fitness Studio	Angela M
	1800-1845	Group Cycle	Spin Studio	Monica
	1900-1945	Body Conditioning	Fitness Studio	Becci
	2000-2045	Pilates	Fitness Studio	Angela T

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
FRIDAY	0700-0745	H.I.I.T & Abs	Fitness Studio	Tracey
	0915-1000	Group Cycle	Spin Studio	Georgina
	0930-1015	Yoga	Fitness Studio	Rebecca
	1015-1045	Beginner Group Cylce	Spin Studio	Gerogina
	1030-1115	Body Pump	Fitness Studio	Rebecca
	1030-1115	Aqua	Swimming Pool	Tracey
	1130-1215	Body Balance	Fitness Studio	Rebecca
	1230-1315	Body Combat	Fitness Studio	Sarah
	1800-1845	Strong Nation	Fitness Studio	Paula
	1800-1845	Group Cycle	Spin Studio	Matt
1845-1930	Zumba	Fitness Studio	Paula	

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
SATURDAY	0900-0945	Pilates	Fitness Studio	Angela M
	0930-1015	Group Cycle	Spin Studio	Brian
	0955-1040	Circuits	Fitness Studio	Ella
	1030-1115	Group Cycle	Spin Studio	Chris
	1040-1125	Zumba	Fitness Studio	Paula
	1130-1215	Body Pump	Fitness Studio	Rebecca
	1230-1315	Body Balance	Fitness Studio	Rebecca
1500-1600	Yoga	Fitness Studio	Jonathan	

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR
SUNDAY	0915-1015	Body Combat	Fitness Studio	Sarah
	1030-1115	Group Cycle	Spin Studio	Adam
	1030-1115	Zumba	Fitness Studio	Paula
	1130-1215	Body Pump	Fitness Studio	Adam
	1500-1545	Body Balance	Fitness Studio	Rebecca
	1600-1700	Yoga	Fitness Studio	Rebecca



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