

AM Group Fitness Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00am	BODYPUMP 30min	BODYCOMBAT 30min	BODYPUMP 30min	BODYCOMBAT 30min	BODYATTACK 30min		
5:30am	BODYATTACK 30min	BODYPUMP 30min	BODYATTACK 30min	CORE 15min	BODYPUMP 30min		
6:00am	SPIN 45min <i>Lynley</i> LIVE		SPIN 45min <i>Susie</i> LIVE	STRENGTH DEV. 45min <i>Kirsty/Lynley</i>	SPIN 45min <i>Lizzy</i> LIVE		
6:00am	BODYPUMP 45min		BODYCOMBAT 45min		BODYATTACK 45min		
6:15am		SHAPES 45min <i>Anthea</i> LIVE					
6:50am	CORE 15min		CORE 15min		CORE 15min	CORE 45min 7am	
7:15am	BODYPUMP 45min	BODYCOMBAT 45min	BODYBALANCE 45min	BODYPUMP 45min	BODYCOMBAT 45min		BODYPUMP 60min
8:00am						SPIN 45min <i>Mayra</i> LIVE	RESERVED For workshops & special classes
8:00am						PUMP 45min	
9:00am	BODYBALANCE 50min <i>Christine</i> LIVE			BODYBALANCE 60min		YOGA 75min <i>Tina</i> LIVE	
9:15am	SPIN 45min <i>Lynley</i> LIVE	BODYPUMP 50min <i>Mayra</i> LIVE	STRENGTH DEV. 45min <i>Christine</i> LIVE	SPIN 45min <i>Lynley</i> LIVE	BODYPUMP 60min <i>June</i> LIVE		
10:00am	SHAPES 45min <i>Mayra</i> LIVE						
10:15am		PILATES 45min <i>Mayra</i> LIVE	YOGA 60min <i>Elena</i> LIVE	BODYCOMBAT 45min	CORE 45min 10:20am	BODYPUMP 45min 10:30am	
11:00am	YOGA 60min <i>Christine</i> LIVE						
11:15am		USE IT 45min <i>Jo</i> LIVE		USE IT 45min <i>Jo</i> LIVE	PILATES 45min <i>Mayra</i> LIVE	CORE 45min	BODYBALANCE 60min

Please note classes & instructors may change due to demand & availability.



PM Group Fitness Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12:15pm	STRENGTH DEV. 45min Anthea LIVE	BODYBALANCE 60min Anthea LIVE	SHAPES 45min Christine LIVE	BODYPUMP 30min	YOGA 60min Elena LIVE	BODYBALANCE 60min	BODYPUMP 60min
1:15pm	CORE 45min		BODYPUMP 45min	BODYBALANCE 60min		BODYPUMP 60min	CORE 45min
1:30pm					BODYCOMBAT 60min		
2:30pm			BODYBALANCE 60min				BODYBALANCE 60min
3:30pm	BODYCOMBAT 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min	BODYBALANCE 45min		BODYPUMP 60min
4:30pm	BODYBALANCE 45min	CORE 45min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	BODYBALANCE 60min	CORE 45min
5:30pm	BODYPUMP 50min Katie LIVE	SPIN 45min Anthea LIVE	BODYPUMP 45min Tracy LIVE	SPIN 45min Susie LIVE	BODYBALANCE 60min		
5:30pm				SHAPES 45min Tracy LIVE			
6:00pm		YIN YOGA 60min Elena LIVE					
6:30pm	YOGA 60min Christine LIVE		YOGA 60min Linda LIVE	BODYBALANCE 60min			
7:15pm		BODYBALANCE 60min					

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