GROUP FITNESS TIMETABLE

GROUP FITNESS Studio 1

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:15am							
10:15am	CORE	PARENT & BUB	CORE				
5:20pm							
6:00pm		LesMills BODYBALANCE					
6:40pm							
7:00pm			BOXING				
7:15pm							

GROUP FITNESS CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:05am	VIRTUAL	LesMills sprint	LesMills sprint	VIRTUAL	CYCLE		
7:15am	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
8:45am						LesMills sprint	
9:15am	VIRTUAL	LesMills sprint	VIRTUAL	VIRTUAL	VIRTUAL		
5:20pm	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
6:00pm		CYCLE	LesMills sprint				

SMALL GROUP TRAINING GYM FLOOR

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15am		TEAM BEATS	TEAM BEATS		TEAM BEATS		
9:15am	TEAM BEATS			TEAM BEATS	TEAM BEATS		
6:00pm			TEAM BEATS				

AQUA AEROBICS

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:15am				AQUA			
9:15am	DEEP WATER	AQUA	AQUA				
10:15am		AQUA	DEEP WATER	AQUA	AQUA		
11:15am					AQUA		
2:00pm	GENTLE AQUA		GENTLE AQUA				
6:00pm	AQUA	DEEP WATER	AQUA	AQUA			
7:00pm		AQUA	DEEP WATER	DEEP WATER			

GIPPSLAND REGIONAL AQUATIC CENTRE

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GROUP FITNESS TIMETABLE

GROUP FITNESS Studio 3

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:20am		LesMills GRIT STRENGTH	LesMills GRIT		LesMills GRIT		
6:05am	LesMills BODYPUMP	BOXING	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYPUMP 30		
6:40am					LesMills BODYBALANCE 30		
7:15am	HIIT/CIRCUIT	ACTIVE ADULTS		ACTIVE ADULTS		LesMills GRIT STRENGTH / LesMills tone	
8:00am						LesMills BODYCOMBAT	
8:15am	ACTIVE ADULTS	HIIT/CIRCUIT	ACTIVE ADULTS		ACTIVE ADULTS		
8:45am						LesMills BODYPUMP	
9:15am	LesMills BODYCOMBAT	LesMills BODYPUMP	HIIT/CIRCUIT	ACTIVE ADULTS	LesMills BODYSTEP		
10:15am	YOGA	ACTIVE ADULTS	GENTLE MOVES	Pilates	LesMills BODYBALANCE		
11:15am	GENTLE MOVES	Pilates	YOGA		PARENT & BUB		
2:00pm					GENTLE MOVES		
5:20pm	LesMills BODYPUMP 30	LesMills tone	LesMills BODYSTEP 30	LesMills BODYCOMBAT 30			
6:00pm	YOGA + Meditation	LesMills BODYCOMBAT	LesMills BODYBALANCE + Meditation	LesMills BODYPUMP 30			
6:40pm				LesMills tone			
7:00pm	ZUMBA	HIIT/CIRCUIT	ZUMBA				
7:15pm				LesMills BODYBALANCE			

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