

GROUP EXERCISE TIMETABLE STUDIO ONE & CYCLE STUDIO

TIMETABLE UPDATED 2ND March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00AM		HIIT 45 Lilly						
6:00AM	YOGA 60 Hannah	SPIN 45 Rowie	KETTLE BELL 45 Janne	SPIN 45 Kate	HIIT 45 Jono	LES MILLS BODYPUMP 45 Rowie	HIIT 60 Cory	SPIN 45 Rowie
7:30AM		YOGA 60 Fiona		YOGA 60 Fiona				
8:00AM						LES MILLS BODYPUMP 60 Rakapa		
9:00AM		BOOTY BURN 45 Evie		YOGA 60 Fiona	PILATES 60 Abby		LES MILLS BODYPUMP 60 Rowie	
9:15AM						HIIT 60 Jono	SPIN 45 Rowie	
10:15AM							SPIN 45 Rowie	
10:30AM				STUDIO ONE UNAVAILABLE 10:30AM- 11:30PM		STRETCH 60 Lily		
12:30PM			YOGA 60 Fiona					
2:30PM							YOGA 60 Hannah	
4:30PM	YOGA 45 Hannah							
5:30PM	LES MILLS BODYPUMP 60 Rawinia	SPIN 45 Jono	<i>Konga</i> 60 Amanda	SPIN 45 Jono	PILATES 60 Abby	SPIN 45 Cory	BOX HIIT 60 Cory	
6:45PM	 ZUMBA gold 45 Kiyo	STUDIO ONE UNAVAILABLE 6:45PM-7:45PM			 ZUMBA 60 Jessika			