



GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	The Bay HIIT (45mins) Michelle	Sculpt (45min) Michelle Boxing (45mins) Rob	Sweat (45mins) Mel	Hatha Yoga (50mins) Gloria Boxing (45mins) Rob	The Bay HIIT (45mins) Michelle		
6.10am		Sculpt Exp (30 mins) Michelle	Sweat Express (30mins) Mel	Yin Yoga with Sound Healing (50min) Gloria		Bootcamp (50mins) Janie Pilates (50mins)	
6:30am	Aqua (45mins) Paula Pilates (45mins) Gunn	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula Pilates (50mins) Narelle	Aqua (45mins) Paula	
7.00am						Pilates (50mins)	
7:30am	Active Adults (50mins) Jacinta F	Active Adults (50mins) Jacinta F Aqua AI CHI (45mins) Paula	Active Adults (50mins) Jacinta	Aqua AI CHI (45min) Paula	Aqua AI CHI (50mins) Paula		
8.00am						Sculpt (45mins) Rob	Vinyasa Yoga (50mins) Krissy
8:40am		The Bay Burn (45mins) Cass	Tabata (45mins) Jacinta F	Sweat (45mins) Mel	The Bay Burn (45mins) Cass		
9.05am	Sculpt (45mins) Rob					Sculpt (45mins) Rob	Vinyasa Yoga (50mins) Krissy
9:30am					Vinyasa Yoga (60mins) Krissy		
9:35am		Pilates (45 mins) Gunn	Sculpt (45mins) Rob	Pilates (50mins) Jacinta			
10:00am	Vinyasa Yoga (50mins) Gunn						Vinyasa Yoga (50mins) Krissy
3:00pm				Tabata (50mins) Jacinta F			
5.00pm	Functional (45mins) Rob	Bootcamp (45min) Michelle	Pilates (50mins) Jacinta K	Tabata (45mins) Maurece	The Bay Burn (45mins) Cass		
6.00pm	Tabata (45mins) Rob	Jungle Body (45mins) Bri	Sculpt (50mins) Rob	Vinyasa Yoga (60mins) Krissy			
6.15pm	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula		Aqua (45mins) Paula		
6.30pm					Vinyasa Yoga (60mins) Gloria		
7.00pm	Vinyasa Yoga (60mins) Krissy	Pilates (60mins) Narelle	Boxing (45mins) Rob	Vinyin Yoga (60mins) Krissy			
							Revised 21/06/24