



# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	<b>The Bay HIIT</b> (45mins) Sam	<b>Sculpt</b> (45min) Michelle <b>Boxing</b> (45mins) Rob	<b>Sweat</b> (45mins) Mel	<b>Yoga</b> (50mins) Gloria <b>Boxing</b> (45mins) Rob	<b>The Bay HIIT</b> (45mins) Michelle		
5:30am				<b>Deep Water Aqua</b> (45mins) Paula			
6.10am		<b>Sculpt Exp</b> (30 mins) Michelle	<b>Sweat Express</b> (30mins) Mel	<b>Yin Yoga with Sound Healing</b> (50min) Gloria		<b>Bootcamp</b> (50mins) Khalil <b>Pilates</b> (50mins)	<b>Run Club 6am</b> (45 Mins)
6:30am	<b>Aqua</b> (45mins)Paula <b>Pilates</b> (45mins) Narelle	<b>Deep Water Aqua</b> (45mins) Paula	<b>Aqua</b> (45mins) Paula	<b>Aqua</b> (45mins) Paula	<b>Aqua</b> (45mins) Paula <b>Pilates</b> (45mins) Gunn	<b>Aqua</b> (45mins) Paula	
7.00am						<b>Pilates</b> (50mins)	
7:30am	<b>Active Adults</b> (50mins) Jacinta F <b>Deep Water Aqua</b> (45mins) Paula	<b>Active Adults</b> (50mins)Jacinta F <b>Aqua AI CHI YOGA</b> (45mins) Paula	<b>Active Adults</b> (50mins) Jacinta F	<b>Aqua AI CHI YOGA</b> (45mins) Paula	<b>Sculpt</b> (45mins) Izzy <b>Aqua AI CHI YOGA</b> (45mins) Paula	<b>Deep Water Aqua</b> (45mins) Paula	
8.00am						<b>Sculpt</b> (45mins) Rob	<b>Yoga</b> (50mins) Krissy
8:40am		<b>The Bay Burn</b> (45 mins) Michelle	<b>Tabata</b> (45mins) Jacinta F	<b>Sweat</b> (45mins) Mel	<b>Dance Fitness</b> (45mins) Mel		
9.05am	<b>Sculpt</b> (45mins) Rob					<b>Sculpt</b> (45mins) Rob	<b>Yoga</b> (50mins) Krissy
9:30am					<b>Vinyasa Yoga</b> (60mins) Krissy		
9:35am		<b>Pilates</b> (45mins) Gunn	<b>Sculpt</b> (45mins) Rob	<b>Pilates</b> (50mins) Jacinta			
10:00am	<b>Yoga</b> (50mins) Lee <b>ABT</b> (40mins) Jacinta F						<b>Yoga</b> (50mins) Krissy
11:00am							
2:00pm				<b>The Bay Burn</b> (45mins) Jacinta F			
3:00pm				<b>Tabata</b> (50mins) Jacinta F			
5.00pm	<b>Functional</b> (45mins) Rob	<b>Tabata Weights</b> (45min) Paula	<b>Pilates</b> (50mins) Jacinta K	<b>Tabata</b> (45mins) Maurece	<b>430pm Stretch &amp; Release</b> (45mins) Paula		
5.15pm	<b>Deep Water Aqua</b> (45mins) Paula				<b>ABT (40mins) Paula</b>		
6.00pm	<b>Tabata</b> (45mins) Rob	<b>Jungle Body</b> (45mins) Bri	<b>Sculpt</b> (50mins) Rob	<b>Vinyasa Yoga</b> (60mins) Krissy			
6.15pm	<b>Aqua</b> (45mins) Paula	<b>Aqua</b> (45mins) Paula	<b>Aqua</b> (45mins) Paula		<b>Aqua</b> (45mins) Paula		
6.30pm					<b>Vinyasa Yoga</b> (60mins) Gloria		
7.00pm	<b>Yoga</b> (60mins) Krissy	<b>Pilates</b> (60mins) Narelle	<b>Boxing</b> (45mins) Rob	<b>Vinyin Yoga</b> (60mins) Krissy			Updated 21/10/2024

Ph: 3269 3786 | [info@thebayhc.com](mailto:info@thebayhc.com)

231 Flinders Parade, Sandgate | [thebayhc.com](http://thebayhc.com)