



GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	The Bay HIIT (45mins) Sam	Sculpt (45min) Michelle Boxing (45mins) Rob	Sweat (45mins) Mel	Yoga (50mins) Gloria Boxing (45mins) Rob	The Bay HIIT (45mins) Michelle		
5:30am				Deep Water Aqua (45mins) Paula			
6:10am		Sculpt Exp (30 mins) Michelle	Sweat Express (30mins) Mel	Yin Yoga with Sound Healing (50min) Gloria		Bootcamp (50mins) Khalil Pilates (50mins)	Run Club 6am (45 Mins)
6:30am	Aqua (45mins)Paula Pilates (45mins) Narelle	Deep Water Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula Pilates (45mins) Gunn	Aqua (45mins) Paula	
7:00am						Pilates (50mins)	
7:30am	Active Adults (50mins) Jacinta F Deep Water Aqua (45mins) Paula	Active Adults (50mins)Jacinta F Aqua AI CHI YOGA (45mins) Paula	Active Adults (50mins) Jacinta F	Aqua AI CHI YOGA (45mins) Paula Dance Fitness (45mins) Mel	Sculpt (45mins) Izzy Aqua AI CHI YOGA (45mins) Paula	Deep Water Aqua (45mins) Paula	
8:00am						Sculpt (45mins) Rob	Yoga (50mins) Krissy
8:40am		The Bay Burn (45 mins) Michelle	Tabata (45mins) Jacinta F	Sweat (45mins) Mel	Dance Fitness (45mins) Mel		
9:05am	Sculpt (45mins) Rob					Sculpt (45mins) Rob	Yoga (50mins) Krissy
9:30am					Vinyasa Yoga (60mins) Krissy		
9:35am		Pilates (45mins) Gunn	Sculpt (45mins) Rob	Pilates (50mins) Melissa			
10:00am	Yoga (50mins) Lee		1030am Chi Ball Jacinta K				Yoga (50mins) Krissy
11:00am	ABT (40mins) Jacinta F			11:20am ABT (40mins) Jacinta F			
		4pm Stretch & Release (45mins) Paula		12:20am Bay Burn (45mins) Jacinta F			
5:00pm	Functional (45mins) Rob	Tabata Weights (45min) Paula Battle Buddies (45min) Sean	Pilates (50mins) Jacinta K	Tabata (45mins) Maurece	430pm Stretch & Release (45mins) Paula		
5:15pm	Deep Water Aqua (45mins) Paula		Deep Water Aqua (45mins) Paula		ABT (40mins) Paula		
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	Yoga (60mins) Krissy	Pilates (60mins) Narelle	Boxing (45mins) Rob	Vinyin Yoga (60mins) Krissy			Updated 21/10/2024

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