



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) Jacinta	Yoga (50mins) Gloria Boxing (45mins) Rob	The Bay HIIT (45mins) Michelle		
6.10am		Sculpt Exp (30 mins) Michelle	Tabata (45mins) Jacinta F	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	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula Pilates (45mins) Gunn	Aqua (45mins) Paula	
7.00am			Active Adults (50mins) Jacinta F			Pilates (50mins)	
7:30am	Active Adults (50mins) Jacinta F Aqua Dance Party (45mins) Paula	Active Adults (50mins) Jacinta F Aqua AI CHI YOGA (45mins) Paula	Aqua Dance Party (45mins) Paula	Aqua AI CHI YOGA (45mins) Paula Dance Fitness (45mins) Mel	Sculpt (45mins) Mika 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		Sweat (45mins) Mel	Dance Fitness (45mins) Mel		
9.05am	Sculpt (45mins) Rob		Sculpt (45mins) Rob			Sculpt (45mins) Rob	Yoga (50mins) Krissy
9:30am					Vinyasa Yoga (60mins) Krissy		
9:35am		Pilates (45mins) Melissa		Pilates (45mins) Melissa			
10:00am	Yoga (50mins) Lee		10am Chi Ball Jacinta K				Yoga (50mins) Krissy
11:00am	ABT (40mins) Jacinta F			ABT (40mins) Jacinta F			
	3:30pm Kids Athletic (60mins) Maurece	4pm Stretch & Release (45mins) Paula	3:30pm Kids Athletic (60mins) Maurece	4pm Pilates (45mins) Gunn	3:30pm Kids Athletic (60mins) Maurece	Kids Athletic Program Dates: 10/02/2025 - 28/03/2025 Kids Athletic Program COST: \$20 Per Class, Per Kid.	
5.00pm	Functional (45mins) Rob	Tabata Weights (45min) Paula Battle Buddies (45min) Sean	Pilates 430pm (45mins) Melissa	Tabata (45mins) Maurece	430pm Stretch & Release (45mins) Paula		
5.15pm			Deep Water Aqua (45mins) Paula		ABT (40mins) Paula		
6.00pm	Tabata (45mins) Rob	Jungle Body (45mins) Bri	530pm Sculpt (50mins) Rob	Vinyasa Yoga (60mins) Krissy			
6.15pm	Aqua (45mins) Paula	Aqua (45mins) Paula	Aqua (45mins) Paula		Aqua (45mins) Paula		
6.30pm			Boxing (45mins) Rob		Vinyasa Yoga (60mins) Gloria		
7.00pm	Yoga (60mins) Krissy	Pilates (60mins) Narelle		Vinyin Yoga (60mins) Krissy			Updated 22/04/25

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