GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	**The Bay HIIT** (45mins) Sam	**Boxing** (45mins) Rob **Sculpt** (45mins) Michelle	**Sweat** (45mins) Jacinta F	**Boxing** (45mins) Rob	**The Bay HIIT** (45mins) Michelle		
6.10am		**Sculpt** (45mins) Michelle	**Tabata (45mins)** Jacinta F			**Bootcamp** (50mins) Khalil **Pilates** (50mins)	
6:30am	**Aqua** (45mins)Paula **Pilates** (45mins) Narelle	**Deep Water Aqua** (45mins) Paula	**Aqua** (45mins) Paula	**Fusion Express 6.40**(30min) Laura **Aqua** (45mins) Paula	**Aqua** (45mins) Paula **Pilates** (45mins) Narelle	**Aqua** (45mins) Paula	
7.00am			**Active Adults (45mins)** Jacinta F			**Pilates** (50mins)	
7:30am	**Active Adults** (45mins) Jacinta F **Deep Water Aqua** (45mins) Paula	**Strength Circuit** (45mins) Jacinta F **Aqua** (45mins) Paula	**Aqua Dance Party** (45mins) Paula	**Aqua Al CHI YOGA** (45mins) Paula **Dance Fitness Jungle Body** (45mins) Bri	**Sculpt** (45mins) Agi **Aqua Al CHI YOGA** (45mins) Paula	**Deep Water Aqua** (45mins) Paula	
8.00am			**Pilates** (45mins) Jacinta K			**Sculpt** (45mins) Rob	**8AM Yoga** (60mins) Krissy
8:40am		**The Bay Burn** (45 mins) Michelle		**8.45 Fusion** (45mins) Melissa	**Zumba 8:30am** (45mins) Ileana		
9.00am	**Sculpt** (45mins) Rob		**Sculpt** (45mins) Rob			**Sculpt** (45mins) Rob	**9:10AM Yoga** (60mins) Krissy
9:30am					**Vinyasa Yoga** (60mins) Krissy		
9:35am		**Pilates** (45mins) Jacinta K		**9.40 Pilates** (45mins) Melissa			
10:00am	**Sculpt** (30mins) Rob	10:30am **Upper Body Strength** Jacinta F (45mins)	**Yoga** (60 Mins) Lee		**Pilates 10:45am** (45mins) Laura	**Yoga** (60 Mins) Agi	**10:15AM Yin Yoga** (60mins) Krissy
11:00am	**ABT** (40mins) Jacinta F		**11:15 ABT** Paula	**11am ABT** (40mins) Jacinta F			
12:00pm			**12pm Tai Chi Energy Boost** Paula		**Move At Your Own Pace** Jess (45mins)		
2:00pm	**Move At Your Own Pace** Jess (45min)						
4.00pm	**Zumba** (45mins) Audrey		**4:30pm Pilates** (45mins) Melissa	**Pilates** (45mins) Jacinta K	**4:15 Foam Role, Stretch & Release** (45 min) Paula		**Sunday Dance Club** Bri & Mel
5.00pm	**Functional** (45mins) Rob	**Battle Buddies** (45min) Sean		**Circuit** (45mins) Agi			
5.15pm			**Deep Water Aqua (45mins)** Paula **5:30pm Sculpt** (50mins) Rob		**Strength & Tone** (45mins) Paula	.	
6.00pm	**Funtional Class - Tabata** (45mins) Rob	**Dance Fitness Jungle Body** (45mins) Bri		**Vinyasa Yoga** (60mins) Krissy			
6.15pm	**Aqua** (45mins) Paula	**Aqua** (45mins) Paula	**Aqua** (45mins) Paula		**Aqua** (45mins) Paula		
6.30pm			**Boxing** (45mins) Rob				
7.00pm	**Yoga** (60mins) Krissy	**Pilates** (60mins) Narelle		**Yin Yoga + Slow Flow** (60mins) Krissy			**8/6/2026**