

## GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 am	<b>SWEAT HIIT</b>	<b>STRENGTH</b> Toto		<b>STRENGTH</b> Cat			
8:15 am			<b>PILATES</b> Cat			<b>STRENGTH</b> Cat	
9:15 am	<b>SWEAT HIIT</b>	<b>STRENGTH</b> Toto	<b>BODY FIT</b> Cat	<b>STRENGTH</b> Cat	<b>YOGA VINYASA</b> Jo	<b>BODY FIT</b> Cat	<b>YIN YOGA</b> Aleisja
10:15 am	<b>YOGA VINYASA</b> Jo	<b>PILATES</b> Cat	<b>YOGA</b> Julie	<b>PILATES</b> Cat			
6:00 pm	<b>SWEAT HIIT</b> Cat	<b>STRENGTH</b> Cat	<b>SWEAT HIIT</b> Toto	<b>STRENGTH</b> Toto			
7:00 pm	<b>YOGA VINYASA</b> Jo	<b>PILATES</b> Cat	<b>YOGA</b> Julie	<b>YOGA VINYASA</b> Jo			
<b>AQUATIC GROUP FITNESS</b>							
8am							
9am					<b>AQUA FIT</b> Jenene		
10am	<b>AQUA FIT</b> Lou			<b>AQUA FIT</b> Jenene			
11am	<b>AQUA FIT</b> Lou			<b>AQUA FIT</b> Jenene			
2pm		<b>AQUA FIT</b> Anthea					



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