

GROUP FITNESS TIMETABLE

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

SWEAT HIIT intense work intervals with a variety of equipment and movements for a total body workout. Located in Rotunda.

BODY FIT Challenging whole-body workout with a focus on core and glutes using minimal equipment. Located in Rotunda.

STRENGTH Functional exercises with all types of resistance to strengthen the entire body. Located in gym room 3 (room behind reception).

MOBILITY & STRETCH Low intensity exercise and movement to improve mobility and flexibility. Located in Rotunda.

PILATES Low impact mat Pilates that aims to strength muscles while improving postural alignment, mobility and flexibility. Located in rotunda. BYO mat.

AQUA FIT - Aqua Fit is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase strength, flexibility, and overall health.