

GROUP FITNESS TIMETABLE

GREEN ROOM

PURPLE ROOM

REFORMER PILATES STUDIO

AQUA

GYM

ALTERED FOR VICTORIAN COUNTRY CHAMPS

Friday 8 th August						Saturday 9 th August		Sunday 10 th August	
06:10	BODYPUMP Mel		C30 STRENGTH Kobe			C30 STRENGTH Tegan			
07:10	LES MILLS CORE Mel		REFORMER Kate						
07:30	AQUA MILD (8am) Tania					C30 STRENGTH Tegan		C30 STRENGTH Meg	REFORMER Nicole
08:30	ACTIVE ADULTS Anne		C30 STRENGTH (8:20am) Kobe	AQUA MILD (8:45am) Tania		REFORMER Monica	C30 STRENGTH (8:20am) Tegan	REFORMER Nicole	
09:00						C30 AEROBIC Tegan		C30 STRENGTH Meg	
09:30	BODYPUMP Mandy	YIN YOGA Debb	C30 STRENGTH (9:20am) Kobe	WARM WATER (9:45am) Tania	REFORMER Claire	REFORMER Monica		REFORMER Nicole	
10:30	REFORMER Claire					REFORMER Monica		REFORMER Nicole	
10:45	ACTIVE ADULTS Anne		BODY BALANCE Mandy			C30 BASE (LEARN TO LIFT) Tegan		C30 BASE (LEARN TO LIFT) Meg	
11:30						REFORMER Monica			
11:45	MAT PILATES Claire								
16:30	BODYPUMP Xpress Katie		C30 STRENGTH Tiz		REFORMER Monica	C30 STRENGTH Riley		C30 STRENGTH Seb	
17:30	YOGA Katie	RPM™ Xpress Tiz	REFORMER Monica	BODYSTEP (6:15pm) Andrea		C30 STRENGTH Riley			