

Group Exercise Timetable

The Pavilion

Accurate as of 03/05/2024

Times for Monday 7 October



Time	Session	Facility	Instructor
6:45 am - 7:15 am	T30:HIIT	Gym	Gym Team
8:30 am - 9:15 am	Yogalates	Studio 2	Tracey
9:30 am - 10:15 am	Primetime AquaFit	Leisure Pool (20.0m)	Gloria
9:30 am - 10:15 am	Group Cycle	Gym	Hannah
9:30 am - 10:30 am	Pilates	Studio 2	Tracey
9:30 am - 10:30 am	Complete Conditioning	Studio 1	Sue
10:30 am - 11:30 am	Legs, Bums & Abs	Studio 1	Tracey
10:30 am - 12:00 pm	Hatha Yoga	Studio 2	Roberta
11:30 am - 12:30 pm	Keep Fit	Studio 1	Sandra
12:30 pm - 1:15 pm	BODYCOMBAT™	Studio 1	Jackie
1:15 pm - 1:45 pm	T30:STRENGTH	Gym	Gym Team
1:15 pm - 2:00 pm	BODYPUMP™	Studio 1	Tracey
5:30 pm - 6:15 pm	Pilates	Studio 1	Tracey
6:15 pm - 7:00 pm	Body Conditioning	Studio 1	Tracey
6:30 pm - 7:00 pm	T30:HIIT	Gym	Gym Team
6:30 pm - 7:15 pm	Group Cycle	Gym	Kevin
7:00 pm - 8:00 pm	Circuit Training	Studio 1	Tracey