

Group Exercise Timetable

The Pavilion

Accurate as of 03/05/2024

Times for Wednesday 9 October



| Time | Session | Facility | Instructor |
|---------------------|-----------------------|----------------------|------------|
| 6:45 am - 7:25 am | BODYPUMP™ | Studio 1 | Jackie |
| 7:30 am - 8:00 am | Group Cycle | Gym | Jackie |
| 9:30 am - 10:15 am | Group Cycle | Gym | Claire |
| 9:30 am - 10:30 am | Pilates | Studio 1 | Sunita |
| 9:45 am - 10:30 am | Primetime AquaFit | Leisure Pool (20.0m) | Ria |
| 10:30 am - 11:15 am | BODYBALANCE™ | Studio 1 | Carrie |
| 10:30 am - 12:00 pm | Yoga | Studio 2 | Ann |
| 11:15 am - 12:15 pm | Zumba® Gold | Studio 1 | Ria |
| 12:00 pm - 1:30 pm | Yoga | Studio 2 | Roberta |
| 12:30 pm - 1:15 pm | Complete Conditioning | Studio 1 | Ria |
| 1:15 pm - 1:45 pm | T30:POWER | Gym | Gym Team |
| 1:30 pm - 2:30 pm | Strength & Stability | The Great Hall | Ria |
| 1:30 pm - 2:30 pm | Post Natal Pilates | Studio 2 | |
| 2:15 pm - 3:00 pm | Senior Circuits | Studio 1 | Tracey |
| 3:00 pm - 3:45 pm | Prime Stretch & Relax | Studio 1 | Tracey |
| 5:30 pm - 6:15 pm | BODYBALANCE™ | Studio 1 | Ben |
| 6:30 pm - 7:15 pm | Group Cycle | Gym | Ben |
| 6:30 pm - 7:30 pm | Xtreme Circuits | Studio 1 | Phil |
| 7:30 pm - 8:15 pm | BODYPUMP™ | Studio 1 | Ben |
| 7:45 pm - 8:15 pm | T30:POWER | Gym | Gym Team |
| 8:15 pm - 8:45 pm | PowerBag BootCamp | Studio 1 | Ben |

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|-------------------|----------------|-----------------|-------------------|
| 8:30 pm - 9:30 pm | Pilates | Studio 2 | Alicia |