Group Exercise Timetable

The Pavilion

Accurate as of 12/10/2024

Times for Tuesday 15 October

Time	Session	Facility	Instructor
9:30 am - 10:25 am	Pilates	Studio 2	Sharon
9:30 am - 10:30 am	Complete Conditioning	Studio 1	Sunita
10:30 am - 11:25 am	Pilates	Studio 2	Sunita
10:30 am - 11:30 am	BODYPUMP™	Studio 1	Carrie
11:30 am - 12:00 pm	Simply Stretch	Studio 2	Sunita
11:30 am - 12:30 pm	FitSteps	Studio 1	Ann
12:30 pm - 1:15 pm	Group Cycle	Gym	Jackie
1:00 pm - 1:45 pm	BODYBALANCE™	Studio 2	Ben
5:30 pm - 6:15 pm	Group Cycle	Gym	Jackie
6:00 pm - 6:30 pm	PowerBag BootCamp	Studio 2	Ben
6:30 pm - 7:30 pm	BODYPUMP™	Studio 1	Ben
7:00 pm - 8:30 pm	Hatha Yoga	Studio 2	Gemma
7:30 pm - 8:00 pm	T30:STRENGTH	Gym	Gym Team
7:30 pm - 8:15 pm	BODYCOMBAT™	Studio 1	Ben
7:30 pm - 8:15 pm	Group Cycle	Gym	Nick