

# PREMIER

## HEALTH & FITNESS CENTRE

### MAIN STUDIO

(1 hour Classes unless specified)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	BODY PUMP Nicky		CIRCUIT Alana	X-TRAINER Alana	CARDIO BLITZ Andrea		
06:15AM		BODY ATTACK Andrea (6am)	ABS Alana	BODY PUMP Alana			
06:30AM			HIIT Alana (30 mins)				
7AM						BODY ATTACK Andrea	
8AM	YOGA Yana	YOGA Toonie	PILATES Tracy		PILATES Bec	BODY PUMP Julie	BODY STEP Alana
9.15AM	BODY PUMP Sabina	BODY STEP Christine	BODY COMBAT Riza	ZUMBA Aline	BODY STEP Alex	BODY STEP (9.00) Bec	BODY PUMP (9.00) Alana
10.15AM	CX WORX Julie	ZUMBA Aline	BODY PUMP Sabina	CX WORX (10.15) BODY STEP (10.45) Greg	BODY PUMP Julie	YOGA Toonie	YOGA Paola
11:15AM	YOGA Paola	PILATES Greg	YOGA Emma	PILATES Amanda	JAPANESE YOGA Viv		
12:30PM	FRIENDLY FITNESS Julie			FRIENDLY FITNESS Julie			
4.30PM			BODY PUMP Julie		BODY ATTACK Andrea	BODY PUMP Andrea (4pm)	
5.30PM	BODY PUMP Alana	BOXING Neil	ZUMBA Mami	BODY PUMP Andrea	PILATES Andrea		
6.30PM	BODY STEP Alana	YOGA Monica	BODY ATTACK Anna	YOGA Monica			
7:30PM	PILATES Olivia						

\*Please continue to also check online as the timetable is subject to change

# PREMIER

## HEALTH & FITNESS CENTRE

### CYCLE STUDIO (45 Min Classes)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		CYCLE Andrea (30 mins)	CYCLE Brendon	CYCLE Andrea			
6AM							
7AM						CYCLE Julie	
8AM						CYCLE Sabina	
8.50AM						CYCLE Sabina	
9.15AM	CYCLE Brendon	CYCLE Monika	CYCLE Sabina	CYCLE Brendon	CYCLE Julie		
10.15AM	CYCLE Sabina			CYCLE Brendon (10am)			
5:30PM	CYCLE Julie	CYCLE Brendon	CYCLE Julie				

### FUNCTIONAL STUDIO (45 Min Classes)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30AM	FUNCTIONAL HIIT Ed	FUNCTIONAL HIIT Jamai	FUNCTIONAL HIIT Jamai				
6.15AM					FUNCTIONAL HIIT Ali		
7.45AM						FUNCTIONAL HIIT Ed	
8AM							FUNCTIONAL BOXING Roland
8.30AM						FUNCTIONAL HIIT Ed	
8.45AM	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Ali	FUNCTIONAL HIIT Brendon	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Ed		
9.30AM	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Ali	FUNCTIONAL HIIT Brendon	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Ed		
10AM							
4:30PM	FUNCTIONAL HIIT Ben	FUNCTIONAL HIIT Lauren					
5:30PM	FUNCTIONAL HIIT Ben		FUNCTIONAL HIIT Jamai				