

PREMIER

HEALTH & FITNESS CENTRE

CYCLE STUDIO (45 Min Classes)

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|------------------|---------------------------|-----------------|-------------------------|----------------|-----------------|--------|
| 5:30AM | | CYCLE Andrea (30 mins) | | 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 Josie | FUNCTIONAL HIIT Jamai | FUNCTIONAL HIIT Terere | | | |
| 6.15AM | | | | | FUNCTIONAL HIIT Josie | | |
| 6.30AM | | | FUNCTIONAL HIIT Ed | | | | |
| 8AM | | | | | | FUNCTIONAL HIIT Ed | FUNCTIONAL BOXING Roland |
| 8.45AM | FUNCTIONAL HIIT Ben | FUNCTIONAL HIIT Ali | FUNCTIONAL HIIT Brendon | FUNCTIONAL HIIT Lauren | FUNCTIONAL HIIT Ed | | |
| 9.00AM | | | | | | FUNCTIONAL HIIT Terere | |
| 9.30AM | FUNCTIONAL HIIT Ben | FUNCTIONAL HIIT Ali | FUNCTIONAL HIIT Brendon | FUNCTIONAL HIIT Lauren | FUNCTIONAL HIIT Ed | | |
| 10AM | | | | | | | |
| 4:30PM | FUNCTIONAL HIIT Ben | FUNCTIONAL HIIT Lauren | FUNCTIONAL HIIT Terere | FUNCTIONAL HIIT Ben | FUNCTIONAL HIIT Chantelle | | |
| 5:30PM | FUNCTIONAL HIIT Ben | FUNCTIONAL HIIT Terere | FUNCTIONAL HIIT Chantelle | FUNCTIONAL HIIT Ben | | | |

PREMIER

HEALTH & FITNESS CENTRE

MAIN STUDIO

(55 minute 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 | | | | | | | |
| 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 Christine | BODY STEP (9.00) Alana | BODY PUMP (9.00) Alana |
| 10:15AM | BODY COMBAT Nicky | ZUMBA Aline | BODY PUMP Sabina | BODY STEP Greg | BODY PUMP Julie | YOGA Toonie | YOGA Paola |
| 11:15AM | YOGA Paola | PILATES Greg | YOGA Katya | PILATES Amanda | JAPANESE YOGA Viv | | |
| 12:30PM | LOW IMPACT AEROBICS Julie | | | LOW IMPACT AEROBICS Julie | | | |
| 4:30PM | | | BODY PUMP Julie/Nicky | | BODY ATTACK Andrea | BODY PUMP Andrea (4pm) | |
| 5:30PM | BODY PUMP Alana | BOXING Nicky | ZUMBA Mami | BODY PUMP Andrea | PILATES Andrea | | |
| 6:30PM | BODY STEP Alana | YOGA Monica | BODY PUMP Anna | YOGA Paola | | | |
| 7:30PM | PILATES Olivia | | | | | | |

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