

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 Clare	CYCLE Sabina	CYCLE Brendon	CYCLE Julie		
10.15AM	CYCLE Sabina						
5:30PM	CYCLE Julie	CYCLE Brendon	CYCLE Julie/Andrea				

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			
5:30PM	FUNCTIONAL HIIT Ben	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Ben			

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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