

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	CYCLE Carlos
8.50AM						CYCLE Sabina	
9.15AM	CYCLE Brendon	CYCLE Sandy	CYCLE Sabina	CYCLE Brendon	CYCLE Julie		
10.15AM	CYCLE Sabina						
5:30PM	CYCLE Julie	CYCLE Brendon	CYCLE Max				

FUNCTIONAL STUDIO (45 Min Classes)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30AM	FUNCTIONAL HIIT Nat	FUNCTIONAL HIIT Nicky	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Terere			
6.15AM					FUNCTIONAL HIIT Max		
6.30AM			FUNCTIONAL HIIT Terere				
7.00AM						FUNCTIONAL HIIT Terere	
8.00AM						FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Nat
8.45AM	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Julie	FUNCTIONAL HIIT Brendon	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT AJ		
9.00AM						FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Nat
9.45AM	FUNCTIONAL HIIT Crystal	FUNCTIONAL HIIT Paula	FUNCTIONAL HIIT Brendon	FUNCTIONAL HIIT Rueben	FUNCTIONAL HIIT Crystal	FUNCTIONAL HIIT Paula (10am)	
4:30PM	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Paula	FUNCTIONAL HIIT Max	FUNCTIONAL HIIT AJ		
5:30PM	FUNCTIONAL HIIT AJ	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Max			
6.30PM	FUNCTIONAL HIIT AJ		FUNCTIONAL HIIT Max				

PREMIER

HEALTH & FITNESS CENTRE

MAIN STUDIO

(55 minute classes unless specified)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	BODY PUMP Andrea		CIRCUIT Alana 45 minutes	X-TRAINER Alana 45 minutes	CARDIO BLITZ Andrea 45 minutes		
06:15AM		BODY ATTACK Andrea (6am)		BODY PUMP Alana			
7AM						BODY ATTACK Andrea	
8AM	YOGA Yana	YOGA Stephanie	PILATES Tracy		PILATES Bec	BODY PUMP Julie	BODY STEP Alana
9AM			CORE Tracy 15 minutes		CORE Julie 15 minutes	BODY STEP Sam	BODY PUMP Alana
9.15AM	BODY PUMP Sabina	BODY STEP Christine	BODY COMBAT Riza	ZUMBA Dee Bee	BODY STEP Christine		
10.15AM	ZUMBA DANCE Martina	ZUMBA Aline	BODY PUMP Sabina	BODY STEP Greg	BODY PUMP Julie	YOGA Toonie	YOGA Paola
11:15AM	YOGA Paola	PILATES Sam	YOGA Katya	PILATES Greg	JAPANESE YOGA Viv		
12:30PM	LOW IMPACT AEROBICS Julie			LOW IMPACT AEROBICS Julie			
4.30PM			BODY PUMP Dania		BODY ATTACK Andrea	BODY PUMP Andrea (4pm)	YOGA Paola (4pm)
5.30PM	BODY PUMP Alana	BOXING Melissa	ZUMBA RHYTHM Aline (30 minutes)	BODY PUMP Andrea	PILATES Andrea		
6.30PM	BODY STEP Alana	YOGA Monica	ZUMBA (6pm) Aline	YOGA Paola			
7:30PM	PILATES Rebecca						

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