

# 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 Kendra	CYCLE Sabina	CYCLE Brendon	CYCLE Julie		
10.15AM	CYCLE Sabina			CYCLE Veronica			
5:30PM	CYCLE Carlos	CYCLE Rob	CYCLE Max				

### FUNCTIONAL STUDIO (45 Min Classes)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30AM	FUNCTIONAL HIIT Keira	FUNCTIONAL HIIT Nicky	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Terere			
6.15AM					FUNCTIONAL HIIT Max		
6.30AM			FUNCTIONAL HIIT Terere				
7.00AM						FUNCTIONAL HIIT Ed	
8.00AM						FUNCTIONAL HIIT Ed	FUNCTIONAL HIIT Nat
8.45AM	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Rueben	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 Rueben	FUNCTIONAL HIIT AJ		
5:30PM	FUNCTIONAL HIIT AJ	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Crystal			
6.30PM	FUNCTIONAL HIIT AJ		FUNCTIONAL HIIT Max				

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## HEALTH & FITNESS CENTRE

### MAIN STUDIO

(55 minute classes unless specified)

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

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