

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 | | | | | | | |
| 8AM | | | | | | CYCLE Sabina | CYCLE Carlos |
| 8.50AM | | | | | | CYCLE Sabina | |
| 9.15AM | CYCLE Brendon | CYCLE Veronica | CYCLE Sabina | CYCLE Brendon | CYCLE Egidio | | |
| 10.15AM | CYCLE Sabina | | | | | | |
| 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 | | | | |

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 Kylie | YOGA Stephanie | PILATES Tracy | YOGA Katya | PILATES Bec | BODY PUMP Christine | BODY STEP Alana |
| 9AM | | | CORE Tracy 15 minutes | | CORE Christine 15 minutes | BODY STEP Christine | BODY PUMP Alana |
| 9.15AM | BODY PUMP Sabina | BODY STEP Sam | BODY COMBAT Riza | ZUMBA Dee Bee | BODY STEP Christine | | |
| 10.15AM | ZUMBA RHYTHM Aline (45 minutes) | ZUMBA Aline | BODY PUMP Sabina | BODY STEP Greg | BODY PUMP Dania | JAPANESE YOGA Danni | YOGA Paola |
| 11:15AM | YOGA Paola | PILATES Sam | YOGA Katya | PILATES Greg | JAPANESE YOGA Viv | | |
| 12:30PM | LOW IMPACT AEROBICS Tracy | | | LOW IMPACT AEROBICS Tracy | | | |
| 4.30PM | | | BODY PUMP Dania | | BODY ATTACK Andrea | BODY PUMP Andrea (4pm) | YIN YOGA Sabina (4pm) |
| 5.30PM | BODY PUMP Alana | BOXING Rueben | ZUMBA RHYTHM Aline (30 minutes) | BODY PUMP Andrea | PILATES Andrea | | YIN YOGA Sabina (5:15pm) |
| 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