

# 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 Eliza		
10.15AM	CYCLE Sabina						
5:30PM	CYCLE Carlos	CYCLE Rob	CYCLE Eliza				

### 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 Gabby		
6.30AM			FUNCTIONAL HIIT Terere				
7.00AM						FUNCTIONAL HIIT Eliza	
8.00AM						FUNCTIONAL HIIT Eliza	FUNCTIONAL HIIT Nat
8.45AM	FUNCTIONAL HIIT Terere	FUNCTIONAL HIIT Crystal/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 Keira(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 Keira				

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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>PILATES</b> Bec	<b>BODY PUMP</b> Christine	<b>BODY STEP</b> Alana
9AM			<b>CORE</b> Tracy 15 minutes		<b>CORE</b> Christine 15 minutes	<b>BODY STEP</b> Christine	<b>BODY PUMP</b> Alana
9.15AM	<b>BODY PUMP</b> Sabina	<b>BODY STEP</b> Eliza	<b>CARDIO BOX</b> Rueben	<b>ZUMBA</b> Aline	<b>BODY STEP</b> Christine		
10.15AM	<b>ZUMBA RHYTHM</b> Aline (45 minutes)	<b>ZUMBA</b> Aline	<b>BODY PUMP</b> Sabina	<b>BODY STEP</b> Greg	<b>BODY PUMP</b> Dania	<b>JAPANESE YOGA</b> Danni	<b>YOGA</b> Paola
11:15AM	<b>YOGA</b> Paola	<b>PILATES</b> Eliza	<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			
7.00PM			<b>PILATES</b> Tracy				

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

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## HEALTH & FITNESS CENTRE

### Reformer Pilates

(50 minute classes unless specified)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	CONTROL Suellen	FLOW India	CONTROL Eliza	FLOW Sacha	CONTROL TBC		
06:30AM	FLOW Suellen	CONTROL India	FLOW Eliza	CONTROL Sacha	FLOW TBC		
7AM						CONTROL Eliza	
8AM	CONTROL Ali	FLOW India	CONTROL Eliza	CONTROL Sacha	CONTROL TBC	FLOW Eliza	
8:30AM							CONTROL India
9AM	CONTROL Ali	CONTROL India	CONTROL Eliza	CONTROL Sacha	CONTROL TBC	FLOW Eliza	
9:30AM							FLOW India
10:00AM	FLOW Ali	CONTROL Sanna	CONTROL Eliza	CONTROL Sacha	FLOW TBC	CONTROL Eliza	
10:30AM							CONTROL India
11:00AM	CONTROL Ali	CONTROL Sanna	FLOW Eliza	FLOW Sacha	CONTROL Christine		
12:15PM							
4.30PM	CONTROL Eliza	FLOW Bec	FLOW Ali	CONTROL Bec	CONTROL TBC		CONTROL TBC
5.30PM	FLOW Eliza	CONTROL Bec	FLOW Ali	CONTROL Bec	FLOW TBC		FLOW TBC
6.30PM	CONTROL Eliza	FLOW Bec	CONTROL Ali	FLOW Bec			

**Control** – Beginner Friendly  
**Flow** – Intermediate class  
**Athletic** – Advanced/Dynamic

\*Please note, Athletic classes will be added onto the Timetable after our initial 4 week launch phase.