

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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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		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 Eliza	CARDIO BOX Rueben	ZUMBA Aline	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 Eliza	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			
7.00PM			PILATES Tracy				

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

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Reformer Pilates

(50 minute classes unless specified)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	FLOW Suellen	ATHLETIC India	FLOW Eliza	FLOW Tracy	CONTROL Tracy		
6:30AM	FLOW Suellen	CONTROL India	FLOW Eliza	ATHLETIC Tracy	FLOW Tracy		
7AM						ATHLETIC Eliza	
8AM	CONTROL Ali	FLOW India	ATHLETIC Eliza	FLOW Tracy	CONTROL Tracy	FLOW Eliza	ATHLETIC Sienna
8:30AM							
9AM	FLOW Ali	FLOW India	FLOW Eliza	CONTROL Suellen	ATHLETIC Ilaria	FLOW Eliza	FLOW Sienna
9:30AM							
10:00AM	ATHLETIC Ali	CONTROL Sabina	FLOW Eliza	FLOW Suellen	FLOW Ilaria	CONTROL Eliza	CONTROL Sienna
10:30AM							
11:00AM	CONTROL Ali	FLOW Sabina	CONTROL Eliza	FLOW Suellen	CONTROL Ilaria		
12:15PM							
4.30PM	ATHLETIC Eliza	FLOW Bec	FLOW Ali	CONTROL Bec	FLOW Jennica		CONTROL Jasmine
5.30PM	FLOW Eliza	CONTROL Bec	ATHLETIC Ali	FLOW Bec	FLOW Jennica		FLOW Jasmine
6.30PM	FLOW Eliza	CONTROL Bec	CONTROL Ali	FLOW Bec			

Control – Beginner Friendly

Flow – Intermediate class

Athletic – Advanced/Dynamic

Athletic classes are best for experienced members who have completed at least 10 Flow classes