

# PREMIER

## HEALTH & FITNESS CENTRE

### CYCLE STUDIO (45 Min Classes)

| TIME    | MONDAY                  | TUESDAY                          | WEDNESDAY              | THURSDAY                | FRIDAY                  | SATURDAY               | SUNDAY                 |
|---------|-------------------------|----------------------------------|------------------------|-------------------------|-------------------------|------------------------|------------------------|
| 5:30AM  |                         | <b>CYCLE</b><br>Andrea (30 mins) |                        | <b>CYCLE</b><br>Andrea  |                         |                        |                        |
| 6AM     |                         |                                  |                        |                         |                         |                        |                        |
| 7AM     |                         |                                  |                        |                         |                         |                        |                        |
| 8AM     |                         |                                  |                        |                         |                         | <b>CYCLE</b><br>Sabina | <b>CYCLE</b><br>Carlos |
| 8.50AM  |                         |                                  |                        |                         |                         | <b>CYCLE</b><br>Sabina |                        |
| 9.15AM  | <b>CYCLE</b><br>Brendon | <b>CYCLE</b><br>Veronica         | <b>CYCLE</b><br>Sabina | <b>CYCLE</b><br>Brendon | <b>CYCLE</b><br>Shannon |                        |                        |
| 10.15AM | <b>CYCLE</b><br>Sabina  |                                  |                        |                         | <b>CYCLE</b><br>Eliza   |                        |                        |
| 5:30PM  | <b>CYCLE</b><br>Carlos  | <b>CYCLE</b><br>Rob              | <b>CYCLE</b><br>Penny  |                         |                         |                        |                        |

### FUNCTIONAL STUDIO (45 Min Classes)

| TIME   | MONDAY                            | TUESDAY                                  | WEDNESDAY                         | THURSDAY                          | FRIDAY                            | SATURDAY                             | SUNDAY                         |
|--------|-----------------------------------|------------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------------|--------------------------------|
| 5.30AM | <b>FUNCTIONAL HIIT</b><br>Jackson | <b>FUNCTIONAL HIIT</b><br>Brad           | <b>FUNCTIONAL HIIT</b><br>Penny   | <b>FUNCTIONAL HIIT</b><br>Terere  |                                   |                                      |                                |
| 6.15AM |                                   |                                          |                                   |                                   | <b>FUNCTIONAL HIIT</b><br>Sarah   |                                      |                                |
| 6.30AM |                                   |                                          | <b>FUNCTIONAL HIIT</b><br>Penny   |                                   |                                   |                                      |                                |
| 7.00AM |                                   |                                          |                                   |                                   |                                   | <b>FUNCTIONAL HIIT</b><br>AJ         |                                |
| 8.00AM |                                   |                                          |                                   |                                   |                                   | <b>FUNCTIONAL HIIT</b><br>AJ         | <b>FUNCTIONAL HIIT</b><br>Brad |
| 8.45AM | <b>FUNCTIONAL HIIT</b><br>Brad    | <b>FUNCTIONAL HIIT</b><br>Crystal/Rueben | <b>FUNCTIONAL HIIT</b><br>Brendon | <b>FUNCTIONAL HIIT</b><br>Sarah   | <b>FUNCTIONAL HIIT</b><br>AJ      |                                      |                                |
| 9.00AM |                                   |                                          |                                   |                                   |                                   | <b>FUNCTIONAL HIIT</b><br>Terere     | <b>FUNCTIONAL HIIT</b><br>Brad |
| 9.45AM | <b>FUNCTIONAL HIIT</b><br>Crystal | <b>FUNCTIONAL HIIT</b><br>Paula          | <b>FUNCTIONAL HIIT</b><br>Shannon | <b>FUNCTIONAL HIIT</b><br>Rueben  | <b>FUNCTIONAL HIIT</b><br>Crystal | <b>CALLISTHENICS</b><br>Sarah (10am) |                                |
| 4:30PM | <b>FUNCTIONAL HIIT</b><br>Terere  | <b>FUNCTIONAL HIIT</b><br>Lauren         | <b>FUNCTIONAL HIIT</b><br>Paula   | <b>FUNCTIONAL HIIT</b><br>Rueben  | <b>FUNCTIONAL HIIT</b><br>Crystal |                                      |                                |
| 5:30PM | <b>FUNCTIONAL HIIT</b><br>AJ      | <b>FUNCTIONAL HIIT</b><br>Lauren         | <b>FUNCTIONAL HIIT</b><br>Terere  | <b>FUNCTIONAL HIIT</b><br>Crystal |                                   |                                      |                                |
| 6.30PM | <b>FUNCTIONAL HIIT</b><br>AJ      |                                          | <b>FUNCTIONAL HIIT</b><br>Brad    |                                   |                                   |                                      |                                |

# PREMIER

## HEALTH & FITNESS CENTRE

### MAIN STUDIO

(55 minute classes unless specified)

| TIME    | MONDAY                                    | TUESDAY                          | WEDNESDAY                                 | THURSDAY                                | FRIDAY                                 | SATURDAY                         | SUNDAY                             |
|---------|-------------------------------------------|----------------------------------|-------------------------------------------|-----------------------------------------|----------------------------------------|----------------------------------|------------------------------------|
| 5:30AM  | <b>BODY PUMP</b><br>Andrea                |                                  | <b>CIRCUIT</b><br>Alana<br>45 minutes     | <b>X-TRAINER</b><br>Alana<br>45 minutes | <b>CIRCUIT</b><br>Andrea<br>45 minutes |                                  |                                    |
| 06:15AM |                                           | <b>BODY PUMP</b><br>Andrea (6am) |                                           | <b>BODY PUMP</b><br>Alana               |                                        |                                  |                                    |
| 7AM     |                                           |                                  |                                           |                                         |                                        | <b>BOXING</b><br>Penny           |                                    |
| 8AM     | <b>YOGA</b><br>Katya                      | <b>YOGA</b><br>Stephanie         | <b>PILATES</b><br>Tracy                   |                                         | <b>PILATES</b><br>Bec                  | <b>BODY PUMP</b><br>Andrea       | <b>BODY STEP</b><br>Alana          |
| 9AM     |                                           |                                  | <b>CORE</b><br>Tracy<br>15 minutes        |                                         | <b>CORE</b><br>Eliza<br>15 minutes     | <b>BODY STEP</b><br>Andrea       | <b>BODY PUMP</b><br>Alana          |
| 9.15AM  | <b>BODY PUMP</b><br>Sabina                | <b>BODY STEP</b><br>Eliza        | <b>BOXING</b><br>Rueben                   | <b>BODY PUMP</b><br>Dania               | <b>BODY STEP</b><br>Eliza              |                                  |                                    |
| 10.15AM | <b>ZUMBA RHYTHM</b><br>Aline (45 minutes) | <b>ZUMBA</b><br>Aline            | <b>BODY PUMP</b><br>Sabina                | <b>BODY STEP</b><br>Greg                | <b>BOOT CAMP</b><br>Shannon            | <b>JAPANESE YOGA</b><br>Dani     | <b>YOGA</b><br>Paola               |
| 11:15AM | <b>YOGA</b><br>Paola                      | <b>PILATES</b><br>Eliza          | <b>YIN YOGA</b><br>Sabina                 | <b>PILATES</b><br>Greg                  | <b>JAPANESE YOGA</b><br>Dani           |                                  |                                    |
| 12:30PM | <b>LOW IMPACT AEROBICS</b><br>Tracy       |                                  |                                           | <b>LOW IMPACT AEROBICS</b><br>Tracy     |                                        |                                  |                                    |
| 4.30PM  | <b>Boxing</b><br>Amy                      |                                  | <b>BODY PUMP</b><br>Amanda                |                                         |                                        | <b>BODY PUMP</b><br>Andrea (4pm) | <b>YIN YOGA</b><br>Sabina (4pm)    |
| 5.30PM  | <b>BODY PUMP</b><br>Alana                 | <b>BOXING</b><br>Rueben          | <b>ZUMBA RHYTHM</b><br>Aline (30 minutes) | <b>BODY PUMP</b><br>Andrea              | <b>PILATES</b><br>Andrea               |                                  | <b>YIN YOGA</b><br>Sabina (5:15pm) |
| 6.30PM  | <b>BODY STEP</b><br>Alana                 | <b>YOGA</b><br>Monica            | <b>ZUMBA (6pm)</b><br>Aline               | <b>YOGA</b><br>Paola                    |                                        |                                  |                                    |
| 7.00PM  |                                           |                                  | <b>PILATES</b><br>Tracy                   |                                         |                                        |                                  |                                    |

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

# PREMIER

## HEALTH & FITNESS CENTRE

### Reformer Pilates

(50 minute classes unless specified).

Commences Monday 9<sup>th</sup> June

| TIME    | MONDAY            | TUESDAY           | WEDNESDAY         | THURSDAY           | FRIDAY            | SATURDAY          | SUNDAY             |
|---------|-------------------|-------------------|-------------------|--------------------|-------------------|-------------------|--------------------|
| 5:30AM  | FLOW<br>Sandy     | ATHLETIC<br>India | FLOW<br>Eliza     | FLOW<br>Tracy      | FLOW<br>Tracy     |                   |                    |
| 6:30AM  | ATHLETIC<br>Sandy | FLOW<br>India     | FLOW<br>Eliza     | FLOW<br>Tracy      | FLOW<br>Tracy     |                   |                    |
| 7AM     |                   |                   |                   |                    |                   | ATHLETIC<br>Eliza |                    |
| 8AM     |                   |                   |                   |                    |                   | FLOW<br>Eliza     | ATHLETIC<br>Kayley |
| 8:15AM  | FLOW<br>Ali       | FLOW<br>India     | ATHLETIC<br>Eliza | FLOW<br>Tracy      | CONTROL<br>Tracy  |                   |                    |
| 9AM     |                   |                   |                   |                    |                   | FLOW<br>Eliza     | FLOW<br>Kayley     |
| 9:15AM  | FLOW<br>Ali       | FLOW<br>Sabina    | FLOW<br>Eliza     | CONTROL<br>Suellen | FLOW<br>Ilaria    |                   |                    |
| 10:00AM |                   |                   |                   |                    |                   | CONTROL<br>Eliza  | CONTROL<br>Kayley  |
| 10:15AM | FLOW<br>Ali       | FLOW<br>Sabina    | FLOW<br>Eliza     | FLOW<br>Suellen    | CONTROL<br>Ilaria |                   |                    |
| 12:15PM |                   |                   |                   |                    |                   |                   |                    |
| 4.30PM  | ATHLETIC<br>Eliza | FLOW<br>Bec       | FLOW<br>Ali       | CONTROL<br>Bec     | FLOW<br>Jennica   |                   | FLOW<br>El         |
| 5.30PM  | FLOW<br>Eliza     | FLOW<br>Bec       | ATHLETIC<br>Ali   | FLOW<br>Bec        |                   |                   |                    |
| 6.30PM  | FLOW<br>Eliza     | CONTROL<br>Bec    | CONTROL<br>Ali    | FLOW<br>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