

# PREMIER

## HEALTH & FITNESS CENTRE

### CYCLE STUDIO (45 Min Classes)

| TIME    | MONDAY           | TUESDAY                   | WEDNESDAY       | THURSDAY         | FRIDAY           | SATURDAY        | SUNDAY          |
|---------|------------------|---------------------------|-----------------|------------------|------------------|-----------------|-----------------|
| 5:30AM  |                  | CYCLE<br>Andrea (30 mins) |                 | CYCLE<br>Andrea  |                  |                 |                 |
| 6AM     |                  |                           |                 |                  |                  |                 |                 |
| 7AM     |                  |                           |                 |                  |                  |                 |                 |
| 8AM     |                  |                           |                 |                  |                  | CYCLE<br>Sabina | CYCLE<br>Carlos |
| 8.50AM  |                  |                           |                 |                  |                  | CYCLE<br>Sabina |                 |
| 8.15AM  |                  |                           |                 |                  | CYCLE<br>Egidio  |                 |                 |
| 9.15AM  | CYCLE<br>Brendon | CYCLE<br>Veronica         | CYCLE<br>Sabina | CYCLE<br>Brendon | CYCLE<br>Shannon |                 |                 |
| 10.15AM | CYCLE<br>Sabina  |                           |                 |                  |                  |                 |                 |
| 5:30PM  | CYCLE<br>Carlos  | CYCLE<br>Rob              | CYCLE<br>Penny  |                  |                  |                 |                 |

### FUNCTIONAL STUDIO (45 Min Classes)

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

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## HEALTH & FITNESS CENTRE

### MAIN STUDIO

(55 minute classes unless specified)

| TIME    | MONDAY                             | TUESDAY                   | WEDNESDAY                          | THURSDAY                         | FRIDAY                          | SATURDAY                  | SUNDAY                      |
|---------|------------------------------------|---------------------------|------------------------------------|----------------------------------|---------------------------------|---------------------------|-----------------------------|
| 5:30AM  | BODY PUMP<br>Andrea                |                           | CIRCUIT<br>Alana<br>45 minutes     | X-TRAINER<br>Alana<br>45 minutes | CIRCUIT<br>Andrea<br>45 minutes |                           |                             |
| 06:15AM |                                    | BODY PUMP<br>Andrea (6am) |                                    | BODY PUMP<br>Alana               |                                 |                           |                             |
| 7AM     |                                    |                           |                                    |                                  |                                 | CIRCUIT<br>Penny          |                             |
| 8AM     | YOGA<br>Katya                      | PILATES<br>Rebecca        | PILATES<br>Tracy                   |                                  | YOGA<br>Stephanie               | BODY PUMP<br>Andrea       | BODY STEP<br>Alana          |
| 9AM     |                                    |                           | CORE<br>Tracy<br>15 minutes        |                                  |                                 | BODY STEP<br>Andrea       | BODY PUMP<br>Alana          |
| 9.15AM  | BODY PUMP<br>Sabina                | STEP<br>Rebecca           | BOXING<br>Rueben                   | BODY PUMP<br>Dania               | BODY PUMP<br>Dania              |                           |                             |
| 10.15AM | ZUMBA RHYTHM<br>Aline (45 minutes) | ZUMBA<br>Aline            | BODY PUMP<br>Sabina                | BODY STEP<br>Greg                | BT CIRCUIT<br>Shannon           | JAPANESE YOGA<br>Dani     | YOGA<br>Paola               |
| 11:15AM | YOGA<br>Paola                      | PILATES<br>Sandy          | YIN YOGA<br>Sabina                 | PILATES<br>Greg                  | JAPANESE YOGA<br>Dani           |                           |                             |
| 12:30PM | LOW IMPACT<br>AEROBICS<br>Tracy    |                           |                                    | LOW IMPACT<br>AEROBICS<br>Tracy  |                                 |                           |                             |
| 4.30PM  | Boxing<br>Penny                    |                           | BODY PUMP<br>Amanda                |                                  |                                 | BODY PUMP<br>Andrea (4pm) | YIN YOGA<br>Sabina (4pm)    |
| 5.30PM  | BODY PUMP<br>Alana                 | BOXING<br>Rueben          | ZUMBA RHYTHM<br>Aline (30 minutes) | BODY PUMP<br>Andrea              | PILATES<br>Andrea               |                           | YIN YOGA<br>Sabina (5:15pm) |
| 6.30PM  | BODY STEP<br>Alana                 | YOGA<br>Monica            | ZUMBA (6pm)<br>Aline               | YOGA<br>Paola                    |                                 |                           |                             |
| 7.00PM  |                                    |                           | PILATES<br>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  | FLOW<br>Sandy     | ATHLETIC<br>India | FLOW<br>Hannah     | FLOW<br>Tracy      | FLOW<br>Sonia     |                    |                |
| 6:30AM  | ATHLETIC<br>Sandy | FLOW<br>India     | FLOW<br>Hannah     | FLOW<br>Tracy      | CONTROL<br>Sonia  |                    |                |
| 7AM     |                   |                   |                    |                    |                   | ATHLETIC<br>Hannah |                |
| 8AM     |                   |                   |                    |                    |                   | FLOW<br>Hannah     | ATHLETIC<br>EI |
| 8:15AM  | FLOW<br>Ali       | FLOW<br>India     | ATHLETIC<br>Hannah | FLOW<br>Tracy      | FLOW<br>Hayley    |                    |                |
| 9AM     |                   |                   |                    |                    |                   | FLOW<br>Hannah     | FLOW<br>EI     |
| 9:15AM  | FLOW<br>Ali       | FLOW<br>Sabina    | FLOW<br>Hannah     | CONTROL<br>Suellen | FLOW<br>Hayley    |                    |                |
| 10:00AM |                   |                   |                    |                    |                   | CONTROL<br>Hannah  | CONTROL<br>EI  |
| 10:15AM | FLOW<br>Ali       | FLOW<br>Sabina    | FLOW<br>Hannah     | FLOW<br>Suellen    | CONTROL<br>Hayley |                    |                |
| 12:15PM |                   |                   |                    |                    |                   |                    |                |
| 4.30PM  | ATHLETIC<br>Bec   | FLOW<br>Bec       | FLOW<br>Ali        | CONTROL<br>EI      | FLOW<br>Wendy     |                    | FLOW<br>Sandy  |
| 5.30PM  | FLOW<br>Bec       | FLOW<br>Bec       | ATHLETIC<br>Ali    | FLOW<br>EI         |                   |                    |                |
| 6.30PM  | FLOW<br>Bec       | CONTROL<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

24<sup>th</sup> September 2025