

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	
8.15AM					CYCLE Egidio		
9.15AM	CYCLE Brendon	CYCLE Veronica	CYCLE Sabina	CYCLE Brendon	CYCLE Shannon		
10.15AM	CYCLE Sabina						
5:30PM	CYCLE Carlos	CYCLE Rob	CYCLE Alana				

FUNCTIONAL STUDIO (45 Min Classes)

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

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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	CIRCUIT Andrea 45 minutes		
06:15AM		BODY PUMP Andrea (6am)		BODY PUMP Alana			
7AM						CIRCUIT Alana	
8AM	YOGA Katya	PILATES Rebecca	PILATES Tracy		YOGA Stephanie	BODY PUMP Eliza	BODY STEP Alana
9AM			CORE Tracy 15 minutes			BODY STEP Andrea	BODY PUMP Alana
9.15AM	BODY PUMP Sabina	STEP Rebecca	BODY STEP Alana	BODY PUMP Noemi	BODY PUMP Dania		
10.15AM	ZUMBA RHYTHM Aline (45 minutes)	ZUMBA Aline	BODY PUMP Sabina	BODY STEP Greg	BT CIRCUIT Shannon	JAPANESE YOGA Dani	YOGA Paola
11:15AM	YOGA Paola	PILATES Sandy	YIN YOGA Sabina	PILATES Greg	JAPANESE YOGA Dani		
12:30PM	LOW IMPACT AEROBICS Tracy			ZUMBA Dee Bee			
4.30PM			BODY PUMP Amanda			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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HEALTH & FITNESS CENTRE

Reformer Pilates

(50 minute classes unless specified).

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	FLOW Sandy	ATHLETIC India	FLOW Hannah	FLOW Tracy	FLOW Sonia		
6:30AM	ATHLETIC Sandy	FLOW India	FLOW Hannah	FLOW Tracy	CONTROL Sonia		
7AM						ATHLETIC Hannah	
8AM						FLOW Hannah	ATHLETIC EI
8:15AM	FLOW Rebecca N	FLOW India	ATHLETIC Hannah	FLOW Tracy	FLOW Francesca		
9AM						FLOW Hannah	FLOW EI
9:15AM	FLOW Rebecca N	FLOW Sabina	FLOW Hannah	CONTROL Suellen	FLOW Francesca		
10:00AM						CONTROL Hannah	CONTROL EI
10:15AM	FLOW Rebecca N	FLOW Sabina	FLOW Hannah	FLOW Suellen	CONTROL Francesca		
12:15PM							
4:30PM	ATHLETIC Bec	FLOW Bec	FLOW Rebecca N	CONTROL EI	FLOW Chelsea		FLOW Sandy
5:30PM	FLOW Bec	FLOW Bec	FLOW Rebecca N	FLOW EI			
6:30PM	FLOW Bec	CONTROL 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