

# 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	FUNCTIONAL HIIT Rueben	FUNCTIONAL HIIT Alana		
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		
4:30PM	FUNCTIONAL HIIT Ben	FUNCTIONAL HIIT Lauren	FUNCTIONAL HIIT Terere	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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## 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>CIRCUIT</b> Alana 45 minutes	<b>CIRCUIT</b> Andrea 45 minutes		
06:15AM		<b>BODY PUMP</b> Andrea (6am)		<b>BODY PUMP</b> Alana			
7AM							
8AM	<b>YOGA</b> Katya	<b>PILATES</b> Rebecca	<b>PILATES</b> Tracy		<b>YOGA</b> Stephanie	<b>BODY PUMP</b> Eliza	<b>BODY STEP</b> Alana
9AM			<b>CORE</b> Tracy 15 minutes			<b>BODY STEP</b> Andrea	<b>BODY PUMP</b> Alana
9.15AM	<b>BODY PUMP</b> Sabina	<b>STEP</b> Rebecca	<b>BODY STEP</b> Alana	<b>BODY PUMP</b> Jo	<b>BODY PUMP</b> Dania		
10.15AM	<b>ZUMBA RHYTHM</b> Aline (45 minutes)	<b>ZUMBA</b> Aline	<b>BODY PUMP</b> Sabina	<b>BODY STEP</b> Greg	<b>BT CIRCUIT</b> Shannon	<b>JAPANESE YOGA</b> Dani	<b>YOGA</b> Paola
11:15AM	<b>YOGA</b> Paola	<b>PILATES</b> Sandy	<b>YIN YOGA</b> Sabina	<b>PILATES</b> Greg	<b>JAPANESE YOGA</b> Dani		
12:30PM	<b>LOW IMPACT AEROBICS</b> Tracy			<b>ZUMBA</b> Dee Bee			
4.30PM			<b>BODY PUMP</b> Amanda			<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	FLOW Sandy	ATHLETIC Tracy	FLOW Hannah	FLOW Holly	FLOW Sonia		
6:30AM	ATHLETIC Sandy	FLOW Tracy	FLOW Hannah	FLOW Holly	CONTROL Sonia		
7AM						ATHLETIC Hannah	
8AM						FLOW Hannah	
8:15AM	FLOW Rebecca N	FLOW Sabina	ATHLETIC Hannah	FLOW Suellen	FLOW Francesca		
9AM						FLOW Hannah	FLOW
9:15AM	FLOW Rebecca N	FLOW Sabina	FLOW Hannah	FLOW Suellen	FLOW Francesca		
10:00AM						CONTROL Hannah	CONTROL
10:15AM	FLOW Rebecca N	FLOW Sabina	FLOW Hannah		CONTROL Francesca		
12:15PM							
4.30PM	ATHLETIC Zoe	FLOW Roz	FLOW Rebecca N	CONTROL EI	FLOW Chelsea		FLOW Chelsea
5.30PM	FLOW Zoe	FLOW Roz	FLOW Rebecca N	FLOW EI			
6.30PM	FLOW Zoe	CONTROL Roz					

**Control** – Beginner Friendly

**Flow** – Intermediate class

**Athletic** – Advanced/Dynamic

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