

# 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>Alana  |                  |                  |                 |                 |

### 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>Brad    | 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>Jackson |
| 8.45AM | FUNCTIONAL HIIT<br>Paula   | FUNCTIONAL HIIT<br>Crystal/Rueben | FUNCTIONAL HIIT<br>Brendon | FUNCTIONAL HIIT<br>Rueben | FUNCTIONAL HIIT<br>Alana   |                            |                            |
| 9.00AM |                            |                                   |                            |                           |                            | FUNCTIONAL HIIT<br>Terere  | FUNCTIONAL HIIT<br>Jackson |
| 9.45AM | FUNCTIONAL HIIT<br>Crystal | FUNCTIONAL HIIT<br>Paula          | FUNCTIONAL HIIT<br>Shannon | FUNCTIONAL HIIT<br>Rueben | FUNCTIONAL HIIT<br>Crystal |                            |                            |
| 4:30PM | FUNCTIONAL HIIT<br>Ben     | FUNCTIONAL HIIT<br>Lauren         | FUNCTIONAL HIIT<br>Terere  | FUNCTIONAL HIIT<br>Alana  | FUNCTIONAL HIIT<br>Brad    |                            |                            |
| 5:30PM | FUNCTIONAL HIIT<br>Ben     | FUNCTIONAL HIIT<br>Lauren         | FUNCTIONAL HIIT<br>Terere  | FUNCTIONAL HIIT<br>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  | BODY PUMP<br>Andrea                |                           | CIRCUIT<br>Alana<br>45 minutes     | CIRCUIT<br>Alana<br>45 minutes | CIRCUIT<br>Andrea<br>45 minutes |                           |                             |
| 06:15AM |                                    | BODY PUMP<br>Andrea (6am) |                                    | BODY PUMP<br>Alana             |                                 |                           |                             |
| 7AM     |                                    |                           |                                    |                                |                                 |                           |                             |
| 8AM     | YOGA<br>Katya                      | PILATES<br>Anna           | 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                | BODY STEP<br>Eliza        | BODY STEP<br>Alana                 | BODY PUMP<br>Jo                | 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    |                           |                                    | ZUMBA<br>Dee Bee               |                                 |                           |                             |
| 4.30PM  |                                    |                           | 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 YIN/NIDRA<br>Sabina  | ZUMBA (6pm)<br>Aline               | YOGA<br>Paola                  |                                 |                           |                             |
| 7.00PM  |                                    |                           | PILATES<br>Tracy                   |                                |                                 |                           |                             |
| 7:30PM  | YIN YOGA<br>Monica                 |                           |                                    |                                |                                 |                           |                             |

\*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>Tracy  | FLOW<br>Hannah     | FLOW<br>Holly     | FLOW<br>Hannah        |                    |                 |
| 6:30AM  | ATHLETIC<br>Sandy    | FLOW<br>Tracy      | FLOW<br>Hannah     | ATHLETIC<br>Holly | CONTROL<br>Hannah     |                    |                 |
| 7AM     |                      |                    |                    |                   |                       | ATHLETIC<br>Hannah |                 |
| 8AM     |                      |                    |                    |                   |                       | FLOW<br>Hannah     |                 |
| 8:15AM  | FLOW<br>Rebecca N    | CONTROL<br>Sabina  | ATHLETIC<br>Hannah | FLOW<br>Suellen   | FLOW<br>Francesca     |                    |                 |
| 9AM     |                      |                    |                    |                   |                       | FLOW<br>Hannah     | FLOW            |
| 9:15AM  | CONTROL<br>Rebecca N | FLOW<br>Sabina     | FLOW<br>Hannah     | FLOW<br>Suellen   | ATHLETIC<br>Francesca |                    |                 |
| 10:00AM |                      |                    |                    |                   |                       | CONTROL<br>Hannah  | CONTROL         |
| 10:15AM | FLOW<br>Rebecca N    | FLOW<br>Sabina     | CONTROL<br>Hannah  |                   | CONTROL<br>Francesca  |                    |                 |
| 12:15PM |                      |                    |                    |                   |                       |                    |                 |
| 4.30PM  | ATHLETIC<br>Zoe      | FLOW<br>Chelsea    | FLOW<br>Roz        | CONTROL<br>EI     | FLOW<br>Chelsea       |                    | FLOW<br>Chelsea |
| 5.30PM  | FLOW<br>Zoe          | FLOW<br>Chelsea    | ATHLETIC<br>Roz    | FLOW<br>EI        |                       |                    |                 |
| 6.30PM  | FLOW<br>Zoe          | CONTROL<br>Chelsea | FLOW<br>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