

Australia Day Public Holiday

Monday 28th January



GROUP FITNESS STUDIO	
TIME	MONDAY
9.10am	LES MILLS BODYPUMP with Lisa
10.15am	BOXING with Teresa
11.20am	LES MILLS CXWORX VIRTUAL
12.25pm	LES MILLS BODYPUMP VIRTUAL
1.30pm	LES MILLS BODYBALANCE VIRTUAL
3.00pm	LES MILLS BODYPUMP VIRTUAL
4.15pm	LES MILLS BODYCOMBAT VIRTUAL
5.30pm	LES MILLS BODYPUMP 45 with Mish
6.15pm	POWER HIIT with Cat

WELLNESS STUDIO	
TIME	MONDAY
9.10am	PILATES with Lee
5.30pm	PILATES 45 with Andrea
6.15pm	YOGA with Andrea

CYCLE STUDIO	
TIME	MONDAY
9.10am	LES MILLS RPM with Maddy
12.30pm	LES MILLS RPM VIRTUAL
2.00pm	LES MILLS RPM VIRTUAL
4.00pm	LES MILLS RPM VIRTUAL
5.30pm	LES MILLS RPM with Carol
6.30pm	LES MILLS RPM VIRTUAL

AQUA AEROBICS	
TIME	MONDAY
9.15am	AQUA with Katie
10.15am	AQUA with Katie

REFORMER PILATES	
TIME	MONDAY
10.15am	REFORMER PILATES with Liz
4:30pm	REFORMER PILATES with Andrea