

GROUP FITNESS TIMETABLE



ADRENALINE

	MONDAY	CLASS TIME	INSTRUCTOR	LOCATION
★	Tone Zone (no creche available)	9:30 - 10:30am	Chloe	Hall
	Advanced Tai Chi	12:45 - 1:45pm	Helena/David	Studio
	Tai Chi Beginners	2:00 - 3:00pm	Helena/David	Studio
★	Body Combat	5:30 - 6:15pm	Ruth	Hall
★	Weighted Class	6:30 - 7:00pm	Ruth	Hall
★	Zumba	7:15 - 8:15pm	Sammy	Hall
★	Yoga	7:30 - 8:30pm	Elli	Studio
TUESDAY				
★	40:20 Yoga	9:30 - 10:30am	Elli	Studio
	Indoor Cycling	4:30 - 5:15pm	Anthony	Studio
★	Kettlebell Workout	5:30 - 6:30pm	Diana	Hall
★	Indoor Cycling	5:45 - 6:30pm	Anthony	Studio
★	HIIT Step	7:15 - 7:45pm	Vicky	Hall
★	Indoor Cycling	7:00 - 7:45pm	Angela	Studio
★	Zumba	8:00 - 9:00pm	Jennifer	Hall
★	Indoor Cycling	8:15 - 9:00pm	Angela	Studio
WEDNESDAY				
★	Tone Zone (no creche available)	9:30 - 10:30am	Ruth	Hall
★	Pilates	10:45 - 11:45pm	Suzanne	Studio
★	HIIT	5:00 - 5:30pm	Tracey	Hall
★	Yoga	6:30 - 7:30pm	Elli	Studio
THURSDAY				
★	Zumba	11:00 - 12:00pm	Sammy	Hall
★	Yoga	12:15 - 1:15pm	Elli	Studio
★	Weighted Class	5:15 - 5:45pm	Ruth	Studio
★	Hooperobics	5:00 - 6:00pm	Laura	Hall
★	Body Combat	6:15 - 7:00pm	Ruth	Hall
FRIDAY				
★	Tone Zone (no creche available)	9:30 - 10:30am	Anna	Hall
	Tai Chi Beginners	10:45 - 11:45am	Helena/David	Studio
★	Pilates	1:00 - 2:00pm	Suzanne	Studio
★	HIIT Step	5:30 - 6:00pm	Chloe	Hall
★	Body Conditioning	6:15 - 7:00pm	Chloe	Hall
SATURDAY				
★	Yoga	8:45 - 9:45am	Elli	Studio
★	Yoga	10:00 - 11:00am	Elli	Studio
SUNDAY				
★	Body Conditioning	9:15 - 10:15am	Tracey	Studio
★	Pilates	10:30 - 11:30am	Tracey	Studio



PIONEER

INDOOR CLASSES

	MONDAY	CLASS TIME	INSTRUCTOR
	HIIT Step	10:30 - 11:15am	Natalie
	HIIT Step	6:00 - 6:45pm	Natalie
	Indoor Cycling	7:00 - 7:45pm	Dawn
	Yoga	7:45 - 8:30pm	Vicky
TUESDAY			
	Bootcamp	9:30 - 10:15am	Mike
	Indoor Cycling	6:00 - 6:45pm	Dawn
	Pilates	7:00 - 8:00pm	Suzanne
WEDNESDAY			
	Bootcamp	9:30 - 10:15am	Mike
	Pilates	11:00 - 12:00pm	Laura
	Zumba	6:00 - 7:00pm	Diana
	HIIT Step	7:15 - 8:00pm	Dawn
THURSDAY			
	Indoor Cycling	9:30 - 10:15am	Natalie
	Indoor Cycling	6:00 - 6:45pm	Dawn
	Kettlebell Workout	7:00 - 8:00pm	Vic
FRIDAY			
	HIIT Step	9:30 - 10:15am	Natalie
	Dance-Cycle	10:15 - 11:00am	Annie
	Tai Chi	11:15 - 12:15pm	Anne
	Meta-Fit	6:00 - 6:45pm	Dawn
	HIIT Step	7:00 - 7:45pm	Dawn
SATURDAY			
	Indoor Cycling	9:30 - 10:15am	Dawn
	HIIT Step	10:30 - 11:15am	Natalie



MARL PITS

OUTDOOR CLASSES

	MONDAY	CLASS TIME	INSTRUCTOR
	Meta-fit	7:15 - 7:45am	Fitness Team
	Cardio Abs	9:15 - 9:45am	Fitness Team
	Meta-Fit	4:30 - 5:00pm	Fitness Team
TUESDAY			
	Meta-Fit	4:30 - 5:00pm	Fitness Team
	Meta-Fit	7:30 - 8:00pm	Fitness Team
WEDNESDAY			
	Meta-Fit	5:00 - 5:30pm	Fitness Team
	Cardio Abs	6:30 - 7:00pm	Fitness Team
THURSDAY			
	Meta Fit	7:15 - 7:45am	Fitness Team
	HIIT	6:00 - 6:30pm	Fitness Team
FRIDAY			
	Meta-Fit	11:30 - 12:00pm	Fitness Team
	HIIT	5:45 - 6:15pm	Fitness Team

CLASS TYPE KEY

- CARDIO
- HOLISTIC CONDITIONING
- TONING
- DANCE
- AQUA
- ★ ONLINE CLASSES

Download our app to support you on your fitness journey!



PLUS

ONLINE CLASSES
join in with our
classes from home!



ONLINE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:30 - 10:30am Tone Zone</p> <p>5:30 - 6:15pm Body Combat</p> <p>6:30 - 7pm Weighted class</p> <p>7:15 - 8:15pm Zumba</p> <p>7:30 - 8:30pm Yoga</p>	<p>9:30 - 10:30am 40:20 Yoga</p> <p>5:30 - 6:30pm Kettlebell workout</p> <p>7:15 - 7:45pm HIIT Step</p> <p>8:00 - 9:00pm Zumba</p>	<p>9:00 - 9:30am Kids Yoga</p> <p>9:30 - 10:30am Tone Zone</p> <p>10:45 - 11:45am Pilates</p> <p>2:00 - 3:00pm Tai Chi</p> <p>5:00 - 5:30pm HIIT</p> <p>6:30 - 7:30pm Yoga</p> <p>7:45 - 8:45pm Tai Chi Beginners</p>	<p>11:00am - 12:00pm Zumba</p> <p>12:15 - 1:15pm Yoga</p> <p>5:15 - 5:45pm Weighted class</p> <p>5:00 - 6:00pm Hooperobics</p> <p>6:15 - 7:00pm Body Combat</p>	<p>9:30 - 10:30am Tone Zone</p> <p>1:00 - 2:00pm Pilates</p> <p>5:30 - 6:00pm HIIT Step</p> <p>6:15 - 7:00pm Body Conditioning</p>	<p>8:45 - 9:45am Yoga</p> <p>10:00 - 11:00am Yoga</p>	<p>9:15 - 10:15am Body Conditioning</p> <p>10:30 - 11:30am Pilates</p>
<p>FREE for Members PAYG for Non-Members</p>						