

GROUP FITNESS TIMETABLE

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	5:30 - 6:00pm	Fitness Team
Cardio Abs	6:05 - 6:30pm	Fitness Team
THURSDAY		
Meta-Fit	7:15 - 7:45am	Fitness Team
Cardio Abs	6:15 - 6:45pm	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
- UP & ACTIVE

PLUS
ONLINE CLASSES
join in with our
classes from home!

Download our app to
support you on your
fitness journey!



PIONEER

INDOOR CLASSES

MONDAY	CLASS TIME	INSTRUCTOR
HIIT Step	9:30 - 10:15am	Natalie
HIIT Step	6:00 - 6:45pm	Natalie
Indoor Cycling	7:00 - 7:45pm	Dawn
Yoga	7:45 - 8:30pm	Vicky
TUESDAY		
Spin Circuit	9:30 - 10:30am	Natalie
Indoor Cycling	6:00 - 6:45pm	Dawn
Pilates	7:00 - 8:00pm	Suzanne
WEDNESDAY		
Bootcamp	9:15 - 10:00am	Mike
HIIT Step	10:15 - 10:45am	Natalie
HIIT Step	7:15 - 8:00pm	Dawn
THURSDAY		
Indoor Cycling	9:30 - 10:15am	Natalie
Spin Circuit	6:00 - 7:00pm	Dawn
Kettlebell Workout	7:15 - 8:15pm	Vic
FRIDAY		
HIIT Step	9:30 - 10:15am	Natalie
Dance-Cycle	10:15 - 11:00am	Annie
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



ADRENALINE

	MONDAY	CLASS TIME	INSTRUCTOR	LOCATION
★	Tone Zone*	9:30 - 10:30am	Chloe	Studio
	Advanced Tai Chi	12:45 - 1:45pm	Helena/David	Studio
	Beginners Tai Chi	2:00 - 3:00pm	Helena/David	Studio
	Bootcamp	6:00 - 7:00pm	Fitness Team	Outside
★	Body Combat	5:30 - 6:15pm	Ruth	Studio
★	Weighted Class	6:30 - 7:00pm	Ruth	Studio
	Zumba	7:15 - 8:15pm	Sammy	Hall
★	Yoga	7:30 - 8:30pm	Elli	Studio
TUESDAY				
★	40:20 Yoga	9:30 - 10:30am	Elli	Studio
★	Circuit Lite	10:45 - 11:45am	Fitness Team	Studio
★	Fitsteps	11:30 - 12:15pm	Janet	Hall
	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*	9:30 - 10:30am	Ruth	Studio
★	Pilates	10:45 - 11:45pm	Suzanne	Studio
	Beginners Tai Chi	2:00 - 3:00pm	Helena/David	Studio
	HIIT	5:00 - 5:30pm	Tracey	Studio
★	Yoga	6:30 - 7:30pm	Elli	Studio
	Beginners Tai Chi	7:45 - 8:45pm	Helena/David	Studio
THURSDAY				
★	Circuit Lite	10:30 - 11:30am	Ruth	Studio
★	Yoga	12:15 - 1:15pm	Elli	Studio
★	Weighted Class	5:30 - 6:00pm	Ruth	Studio
★	Body Combat	6:15 - 7:00pm	Ruth	Studio
FRIDAY				
★	Tone Zone*	9:30 - 10:30am	Ruth	Studio
★	Beginners Tai Chi	10:45 - 11:45am	Helena/David	Studio
★	Pilates	12:00 - 12:45pm	Suzanne	Studio
★	Fitsteps	12:45 - 1:30pm	Janet	Studio
★	HIIT Step	5:00 - 5:30pm	Chloe	Studio
	Body Conditioning	5:45 - 6:30pm	Chloe	Studio
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

*no creche available