

# GROUP EXERCISE

For safety reasons, you will not be able to enter class 5 minutes after start time. Let the instructor know if you are injured or have any medical conditions that we need to be aware of.

**OCT-DEC 2020**

## TOP TIPS

Bring a towel and stay hydrated.

Please turn off your phone.

Equipment is sanitised after each class. Most classes are 45 minutes. \*\*Class is 35 minutes. \*Class is 25 minutes.

## CYCLE: STUDIO 1

20 person limit for classes in Studio 1

|         | MONDAY        | TUESDAY        | WEDNESDAY     | THURSDAY      | FRIDAY        | SATURDAY      | SUNDAY        |
|---------|---------------|----------------|---------------|---------------|---------------|---------------|---------------|
| 6am     | Virtual Cycle | Cycle Beats    | Virtual Cycle | Cycle Beats   |               |               |               |
| 7am     | Virtual Cycle |                |               |               | Virtual Cycle |               |               |
| 8am     |               |                | Virtual Cycle |               |               | Cycle Beats   |               |
| 9am     |               | Virtual Cycle  |               | Virtual Cycle |               | My Ride Live  | Cycle Beats   |
| 9.30am  |               |                | Virtual Cycle |               |               |               |               |
| 10am    | Smooth Cycle* |                |               |               | Virtual Cycle | Virtual Cycle | Virtual Cycle |
| 12.30pm | Cycle Beats*  | Virtual Cycle* | Smooth Cycle* | HIIT Cycle*   | My Ride Live* |               |               |
| 2.30pm  |               |                |               |               | Virtual Cycle |               |               |
| 5.30pm  | Power Cycle   | My Ride Live   | Cycle Beats   | Cycle Beats   | Virtual Cycle |               | Virtual Cycle |
| 6.30pm  | Virtual Cycle |                | Virtual Cycle | Virtual Cycle |               |               |               |

## AEROBICS: STUDIO 2

20 person limit for classes in Studio 2

|         | MONDAY       | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY        | SATURDAY | SUNDAY        |
|---------|--------------|----------------|----------------|----------------|---------------|----------|---------------|
| 6am     | Loaded       |                | Vinyasa Yoga   |                | Loaded        |          |               |
| 6.30am  |              | Yoga           |                | Pilates**      |               |          |               |
| 7.30am  | Flexibility  | Flexibility    | Flexibility    | Loaded         | Flexibility   |          |               |
| 8am     |              |                |                |                |               |          | Hatha Yoga    |
| 8.30am  |              | Yoga           |                |                | Flexibility   | Loaded   |               |
| 9am     |              |                |                |                |               |          | Hatha Yoga    |
| 9.30am  | Zumba Toning | HiLo Combo     | Zumba Lite     | Loaded         | Body Dynamics | Activ    |               |
| 10am    |              |                |                |                |               |          | Body Balance  |
| 10.30am | Tone & Flex  | Flexibility    | Flexibility    | Flexibility    | Aero Mix      | Mania    |               |
| 11.30am | Flexibility  | Tone & Flex    | Meditation     | Flexibility    | Tone & Flex   | Loaded   |               |
| 12.30pm | Loaded**     | Body Balance** | Zumba**        | Body Balance** | Loaded**      |          |               |
| 4.30pm  | Pilates**    |                | Body Balance** | Yoga           | Vinyasa Yoga  |          | Loaded        |
| 5.30pm  | Loaded       | Yoga           | Loaded         | Zumba          | Tai Chi       |          | Body Dynamics |
| 6.30pm  | Body Balance | Zumba          | Absolution*    | Absolution*    |               |          |               |
| 7pm     |              |                | Mania          | Rockbottom*    |               |          |               |

## CIRCUIT: STUDIO 3

12 person limit for classes in Studio 3

|         | MONDAY        | TUESDAY       | WEDNESDAY     | THURSDAY      | FRIDAY        | SATURDAY |
|---------|---------------|---------------|---------------|---------------|---------------|----------|
| 6am     | Circuit       |               | Circuit       |               | Circuit       |          |
| 8.30am  |               | Active Living |               | Active Living |               |          |
| 9am     | CrossBody     |               | CrossBody     |               | CrossBody     | HIIT8**  |
| 10am    | Active Living | Active Living | Active Living | Active Living | Active Living |          |
| 11am    | Active Living |               | Active Living |               | Active Living |          |
| 12.30pm | Circuit**     | Bodyweight**  | Circuit**     | Bodyweight**  | Circuit**     |          |
| 5.30pm  | Bodyweight**  | HIIT8**       | Bodyweight**  | HIIT8**       |               |          |