

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.

SPRING 2021

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

	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							
5.30pm	Power Cycle	Cycle Beats	Cycle Beats	Cycle Beats	Virtual Cycle		Virtual Cycle
6.30pm	Virtual Cycle		Virtual Cycle	Virtual Cycle			

AEROBICS: STUDIO 2

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

CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am			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**		
5.30pm	Bodyweight**	HIIT8**		HIIT8**		