

GROUP EXERCISE

Body Blast, Special Forces, starred Cycle classes, and lunchtime SX classes are 45 minutes. ABC30, Technique and Smooth Cycle are 30 minutes. All other classes are 55 minutes.

MARCH-MAY 2019

TOP TIPS

Arrive 5 minutes early.
Bring a towel and drink.
Let the instructor know if you have any medical conditions.

No entry after warm up begins.

CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Classic Cycle	Virtual Cycle*	Power Cycle			
7am	Virtual Cycle*				Virtual Cycle*		
8am			Virtual Cycle			Classic Cycle	
9am		Virtual Cycle		Virtual Cycle		My Ride Live	Classic Cycle
9.30am			Virtual Cycle				
10am	Smooth Cycle				Virtual Cycle	Virtual Cycle	Virtual Cycle
11am							
12.30pm	Classic Cycle*	Virtual Cycle*	Smooth Cycle	Smooth Cycle	My Ride Live*		
4pm							Virtual Cycle
5.30pm	Power Cycle	My Ride Live	Classic Cycle	Classic Cycle	Virtual Cycle		
6.30pm	Classic Cycle		Virtual Cycle	My Ride Live			

AEROBICS: STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	SX Enduro		Vinyasa Yoga		SX Boxfit		
6.30am		Hatha Yoga					
7am					Technique		
7.30am	Flexibility	Meditation	Flexibility	SX Enduro	Flexibility		
8.30am		Vinyasa Yoga		Chair Yoga		SX Enduro	
9am							Hatha Yoga
9.30am	Zumba Toning	HiLo Combo	Zumba Lite	SX Enduro	Body Dynamics	Activ	
10.30am	Tone & Flex	Flexibility	Flexibility	Flexibility	50 Aero	SX Power	
11.30am			Meditation			SX Boxfit	
12.30pm	SX Enduro	Body Balance	SX Boxfit	Body Balance	SX Enduro		
1pm							Form+Function
4.30pm	Hatha Yoga			Vinyasa Yoga		Tai Chi	SX Enduro
5.30pm	SX Enduro	Body Balance	SX Enduro	Zumba	Vinyasa Yoga		Body Dynamics
6.30pm	Yoga Beat	SX Boxfit	ABC30	Body Balance			
7pm			SX Power				
7.30pm	Beginners Yoga	Restorative Yoga					

CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Circuit		Circuit		Circuit	
8.30am		Active Living		Active Living		
9am	Circuit		Circuit		Circuit	Special Forces
10am	Active Living	Active Living	Active Living	Active Living	Active Living	
11am	Active Living		Active Living		Active Living	
12.30pm		Special Forces		Body Blast		
2pm						
5.45pm	Body Blast	Special Forces	Body Blast	Special Forces		