

# 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.

Most classes are 45 minutes to allow us time to sanitise equipment. \*Class is 25 minutes

2020

## TOP TIPS

- 20 person limit.
- Your temperature will be checked on entry.
- Bring a towel and drink.
- Please turn off your phone.

## CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Virtual Cycle	Cycle Beats	Virtual Cycle	Power Cycle			
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	Cycle Beats		Virtual Cycle	Virtual Cycle			

## AEROBICS: STUDIO 2

Classes with this mark will change to Punch once restrictions are lifted. Regular attendees will be emailed, or check Facebook for latest updates.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Loaded		Vinyasa Yoga		Loaded		
6.30am		Yoga		Pilates			
7.30am	Flexibility	Meditation	Flexibility	Loaded	Flexibility		
8am							Hatha Yoga
8.30am		Yoga				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	HiLo HIIT**	Body Balance	Loaded**		
4.30pm	Pilates		Body Balance**	Yoga	Yoga		Loaded
5.30pm	Loaded	Absolution*	Loaded	Zumba	Tai Chi		Body Dynamics
6pm		Rockbottom*					
6.30pm	Body Balance	Yoga	Absolution*	Absolution*			
7pm			Mania	Rockbottom*			

## CIRCUIT: STUDIO 3

Classes with this mark will return once restrictions are lifted. Regular attendees will be emailed, or check Facebook for latest updates.

	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		HIIT8**		Bodyweight**		
5.45pm	Bodyweight**	HIIT8**	Bodyweight**	HIIT8**		