

Group Fitness Timetable

Commencing Wednesday 25 November 2020 * Timetable is subject to change

AquaPulse

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35AM	METAFIT (30) Main Studio with Sharon	FXFIT (45) FX Studio with Jess	BODYPUMP (30) Main Studio with Ria	HIIT/ABB (45) Main Studio with Wayne	FXFIT (45) FX Studio with Jess		
6:10AM	BODYPUMP (45) Main Studio with Wayne		SPRINT (30) Cycle Studio with Wayne				
6:30AM		CYCLE (45) Cycle Studio with Michael		FXFIT (45) FX Studio with Michael	BODYPUMP (30) Main Studio with Wayne		
7AM						FXFIT (45) FX Studio with Wayne	
7:30AM	FXFIT (45) FX Studio with Rob				FXFIT (45) FX Studio with Rob		
8AM						FXFIT (45) FX Studio with Wayne	
8:30AM	FXFIT (45) FX Studio with Sharon	REFORMER PILATES (30) Pilates Studio with Sharon	CXWORX (30) Main Studio with Sam	MATWORK PILATES (45) Main Studio with Trevor			SPRINT (30) Cycle Studio with Ria
9AM						BODYPUMP (45) Main Studio with Keiran	BODYSTEP (45) Main Studio with Cathy
9:30AM	BODYPUMP (45) Main Studio with Joanna	BODYSTEP (45) Main Studio with Kristie	BODYCOMBAT (45) Main Studio with Mel	HIIT POWER (30) Main Studio with Sharon	BODYPUMP (45) Main Studio with Sam	AQUA (45) 50m Pool with Wayne	
10AM						BODYBALANCE (45) Main Studio with Nicole	MATWORK PILATES (45) Main Studio with Cathy
10:20AM	DANCE (45) Main Studio with Kat	CYCLE (45) Cycle Studio with Sharon BODYBALANCE (45) Main Studio with Kristie	BODYPUMP (30) Main Studio with Sam	DANCE (45) Main Studio with Kat	CXWORX (30) Main Studio with Sam		
10:55AM			REFORMER PILATES (30) Pilates Studio with Sharon		BODYBALANCE (45) Main Studio with Sam		
11AM						REFORMER PILATES (30) Pilates Studio with Di	YOGA (45) Main Studio with Trevor
11:15AM	YOGA (45) Main Studio with Trevor	ADULT ACTIVE (45) Main Studio with Ronnie		ADULT ACTIVE (45) Main Studio with Ronnie			
4:30PM	HIIT (30) Main Studio with Sharon						
5:30PM	SPRINT (30) Cycle Studio with Keiran FXFIT (45) FX Studio with Wayne	BODYPUMP (45) Main Studio with Keiran REFORMER PILATES (30) Pilates Studio with Sharon	CYCLE (45) Cycle Studio with Anja FXFIT (45) FX Studio with Sharon	BODYPUMP (45) Main Studio with Ria CYCLE (45) Cycle Studio with Wayne	FXFIT (45) FX Studio with Kosta		
6:20PM	BODYPUMP (45) Main Studio with Keiran	BODYCOMBAT (45) Main Studio with Mel	BODYPUMP (45) Main Studio with Joanna REFORMER PILATES (30) Pilates Studio with Anja	BODYCOMBAT (45) Main Studio with Kat			
6:45PM	DEEP AQUA (45) 50m Pool with Wayne		DEEP AQUA (45) 50m Pool with Sharon				

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Eagle Stadium

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05AM	BODYPUMP (45) Main Studio with Marlene	HIIT (45) Main Studio with Bri	BODYPUMP (45) Main Studio with Kelly	SPRINT (30) Cycle Studio with Kelly	BOXING CIRCUIT (30) Main Studio with Marlene		
8:30AM						HIIT (30) Main Studio with Roxanne	BODYCOMBAT (45) Main Studio with Addison
9:10AM						BODYPUMP (30) Main Studio with Kelly	
9:20AM							CORE (30) Main Studio with Addison
9:30AM	BOXING CIRCUIT (30) Main Studio with Marlene	BODYPUMP (45) Main Studio with Kelly	CYCLE (45) Cycle Studio with Alycia	BODYPUMP (45) Main Studio with Addison	BODYCOMBAT (45) Main Studio with Kelly		
9:50AM						SPRINT (30) Cycle Studio with Kelly	
10:AM							BODYPUMP (45) Main Studio with Addison
10:20AM	MATWORK PILATES (45) Main Studio with Roxanne	ZUMBA (45) Main Studio with Alycia	HIIT (30) Main Studio with Alycia	CORE (30) Main Studio with Addison	YOGA (45) Main Studio with Bri	MATWORK PILATES (45) Main Studio with Roxanne	
11:15AM		ADULT ACTIVE (45) Main Studio with Benita					
5:30PM	CYCLE (30) Cycle Studio with Marlene	CXWORX (30) Main Studio with Marlene	BODYPUMP / CXWORX (45) Main Studio with Marlene	BOXING CIRCUIT (30) Main Studio with Marlene			
6:05PM	BODYCOMBAT (45) Main Studio with Alex	BODYPUMP (30) Main Studio with Marlene	SPRINT (30) Cycle Studio with Kelly	CYCLE (45) Cycle Studio with Marlene	DANCE (45) Main Studio with Alycia		
6:40PM		CARDIO/CORE (45) Main Studio with Marlene	ZUMBA (45) Main Studio With Alycia				
6:55PM	BODYPUMP (45) Main Studio with Bia			PILATES/YOGA (45) Main Studio with Bri			

WynOutdoor Timetable

Commencing Wednesday 25 November 2020

All sessions are 45 minutes in duration

Seniors Exercise Park – 80 Lonsdale Court Hoppers Crossing

Wyndham Park, Watton Street entrance Werribee

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	BOOTCAMP WYNDHAM PARK <i>with Roxanne & Bri</i>						
7:45AM		OUTDOOR AQUA WERRIBEE OUTDOOR POOL <i>with Alycia</i>					
11AM			SENIORS OUTDOOR SENIORS PARK <i>with Ronnie & Benita</i>				
6PM			RUNNING GROUP WERRIBEE OUTDOOR POOL <i>with Roxanne & Kosta</i>	ZUMBA OUTDOORS EAGLE STADIUM OUTDOOR COURTS <i>with Alycia</i>			