

Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05AM			BODYPUMP 45min Virtual				
5:15AM		CX WORX 30min Virtual			BODYPUMP 30min Virtual		
5:25AM	PARC HIIT 30min Caroline	GRIT STRENGTH 30min Lou C		BODYPUMP EXP. 30min Jo			
6:00AM	BODYPUMP 60min Caroline	GRIT STRENGTH 30min Lou C	Boxing 60min Astrid	GRIT STRENGTH 30min Chris P	PARC HIIT 45min Paola		
6:35AM		GRIT CARDIO 30min Lou C		GRIT CARDIO 30min Chris P			
7:10AM	BODYCOMBAT 60min Virtual		CX WORX 30min Virtual		BODYBALANCE 30min Virtual	GRIT STRENGTH 30min Layla	
7:30AM		BODYPUMP 45min Virtual		CX WORX 30min Virtual			
7:45AM			BODYBALANCE 30min Virtual			CX WORX 30min Layla	Boxing 45min Lou
8:20AM						BODYATTACK 45min Beth/Lou B	
8:45AM	CX WORX 30min David	CX WORX 30min Mary	CX WORX 30min Cassie	PARC HIIT 30min Joel	CX WORX 30min Mary		BODYATTACK 45min Lou B
9:25AM	BODYPUMP 60min David	BODYSTEP 60min Belinda	Zumba 60min Monica	BODYATTACK 60min Cassie/Lou B	BODYPUMP 60min Lou B	BODYPUMP 60min Jen	BODYPUMP 60min Astrid
10:30AM						STRONG by Zumba 45min Georgia	BODYCOMBAT 60min Monica
10:45AM	BODYSTEP 45min Belinda	BODYPUMP 45min Mary	PARC HIIT 45min Lou B	BODYPUMP 60min Lou C	Zumba 45min Georgia		
11:35AM	PARC HIIT 30min Nic H	Core 30min Jess R	BODYPUMP 30min Lou B				
12:10PM	STRONG by Zumba 60min Chris S	PARC Movers 60min Chris S	Boxing 60min Pru	PARC Movers 60min Chris S		SH'BAM 45min Virtual	CX WORX 30min Virtual
1:15PM	BODYPUMP BEG. 25min Virtual		SH'BAM 45min Virtual	CX WORX 30min Virtual		BODYPUMP BEG. 25min Virtual	BODYPUMP 45min Virtual
3:15PM	BODYBALANCE 30min Virtual	BODYCOMBAT 30min Virtual	BODYPUMP 30min Virtual	BODYBALANCE 30min Virtual	BODYPUMP 45min Virtual	CX WORX 30min Virtual	SH'BAM 45min Virtual
4:10PM	BODYPUMP 30min Virtual	PARC Kids 30min Amy & Jen	BODYBALANCE 30min Virtual	PARC Kids 30min Amy & Jen	CX WORX 30min Virtual	BODYCOMBAT 60min Virtual	BODYCOMBAT BEG. 25min Virtual
5:00PM	CX WORX 30min Lou C	BODYSTEP 45min Anita	GRIT STRENGTH 30min Cara	Boxing 45min Claudia			BODYPUMP 60min Lou C
5:35PM	BODYATTACK 45min Jess C		BODYATTACK 45min Pru		BODYPUMP 45min Mary / Astrid	BODYBALANCE 60min Virtual	
5:55PM		BODYPUMP 60min Jen		STRONG 30min Georgia			
6:30PM	BODYPUMP 60min Jess C		SH'BAM 45min Amanda	BODYATTACK 30min Jess C			
7:05PM		PARC HIIT 45min Pru		BODYPUMP 30min Jess C	BODYPUMP BEG. 25min Virtual		
7:40PM	BODYCOMBAT 60min Kristy		BODYPUMP 60min Chris		BODYBALANCE 60min Virtual		
7:50PM		Boxing 60min Pru		Zumba 60min Georgia			

Studio One

Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Barre 60min Noriko	BODYBALANCE 60min Sofia	Reformer 60min Noriko	Yogalates 60min Noriko			
7:10AM	BODYBALANCE 45min Noriko		Barre Reformer 60min Mary	Tai Chi 45min Noriko	Reformer 60min Caz	Barre 60min Erin	
8:20AM					Reformer 60min Caz	PARC HIIT 45min Joel	
8:30AM		Yin Yoga 45min Kate	Warm Yoga 45min Kate				
8:45AM	Meditation 30min Jess R						
9:25AM	BODYBALANCE 60min Erin	Vinyasa Yoga 60min Mary	Barre 60min Cassie	Mat Pilates 60min Mary	BODYBALANCE 60min Mary	Mat Pilates 60min Aranya	Purna Yoga 60min Kristie
10:30AM						Reformer 60min Aranya	Meditation 30min Kristie
10:45AM	Barre 45min Cassie	Barre Reformer 60min Noriko	BODYBALANCE 60min Ash	BODYBALANCE 60min Astrid	Yin Yoga 60min Kate		
11:35AM	CX WORX 30min Cassie					Reformer 60min Aranya	BODYBALANCE 60min Kristie/Mary
12:00PM			Beginner Yoga 60min Aranya				
12:10PM	Reformer 60min Mary	Reformer 60min Noriko		Gita Yoga 60min Alison	Barre Reformer 60min Noriko		
12:35PM						Reformer 60min Chris	
1:10PM	Reformer 60min Mandy	Reformer 60min Noriko	Reformer 60min Mary	Reformer 60min Chris	Reformer 60min Noriko		
1:35PM						Reformer 60min Chris	
2:15PM	Yoga 45min Mandy	Tai Chi 45min Noriko	Barre Reformer 60min Mary	Reformer 60min Chris			
2:35PM						Reformer 60min Chris	
4:00PM	Reformer 60min Suzie					BODYBALANCE 60min Noriko	
5:00PM	Reformer 60min Suzie		Barre 30min Amanda				
5:35PM		CX WORX 30min Cara	CX WORX 30min Amanda	Barre 30min Aranya			
6:10PM	Mat Pilates 60min Suzie	BODYBALANCE 60min Mary	BODYBALANCE 60min Jess	Mat Pilates 60min Aranya	LES MILLS BARRE 30min Erin		
7:15PM	Purna Yoga 60min Kristie	Barre 30min Aranya	Reformer 60min Noriko	Yin Yoga 60min Kristie	BODYBALANCE 60min Erin		
7:50PM		Reformer 60min Aranya					
8:20PM	Meditation 30min Kristie		Barre 30min Noriko	Meditation 30min Kristie			

Studio Two

Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM	RPM 30min Virtual	SPRINT 30min Virtual	RPM 30min Virtual	SPRINT 30min Virtual	RPM 30min Virtual		
6:00AM	SPRINT 30min Lisa	RPM 45min Astrid	SPRINT 30min Veronica	RPM 45min Bree	RPM 45min Lisa		
6:35AM	SPRINT 30min Lisa						
7:10AM		RPM 45min Virtual	RPM 45min Virtual	RPM 45min Virtual	RPM 45min Virtual		RPM 45min Virtual
7:45AM						SPRINT 30min Pru	
8:20AM						RPM 45min Pru	SPRINT 30min Lisa
8:45AM	SPRINT 30min Astrid	SPRINT 30min Astrid		SPRINT 30min Mary			
9:25AM	RPM 45min Cara	Cycle HIIT 30min Pru	RPM 45min Nic G	RPM 45min Nic G	RPM 45min Caz	RPM 45min Laura	RPM 45min Layla
10:10AM		RPM BEGINNER 25min Virtual					
11:00AM	RPM 45min Virtual	RPM 45min Virtual	RPM BEGINNER 25min Virtual	Cycle HIIT 30min Nic H	RPM BEGINNER 25min Virtual	RPM BEGINNER 25min Virtual	RPM 45min Virtual
12:00PM	SPRINT 30min Virtual	RPM 30min Virtual	SPRINT 30min Virtual	RPM 30min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual
1:00PM	RPM 45min Virtual			RPM 45min Virtual		RPM BEGINNER 25min Virtual	
2:00PM	SPRINT 30min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual	RPM BEGINNER 25min Virtual
3:15PM	RPM 45min Virtual		RPM 45min Virtual		RPM 45min Virtual	RPM 45min Virtual	
3:30PM		SPRINT 30min Virtual		SPRINT 30min Virtual			
4:00PM							SPRINT 30min Lou C
4:30PM	SPRINT 30min Mary		SPRINT 30min Veronica			RPM 45min Bree	
5:00PM				RPM 45min Virtual	SPRINT 30min Mary / Astrid		RPM 45min Virtual
5:35PM	SPRINT 30min Lou C	SPRINT 30min Mary	SPRINT 30min Veronica				
6:10PM				RPM 45min Jen	RPM 45min Virtual	SPRINT 30min Virtual	SPRINT 30min Virtual
6:20PM	RPM 45min Pru	Cycle HIIT 30min Pru	RPM 45min Veronica				
7:30PM	SPRINT 30min Virtual	RPM 45min Virtual		SPRINT 30min Virtual			

Cycle Studio

Group Exercise Timetable



	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Floor	7:15AM	Powerzone Cardio 30min Paola	Powerzone Punch 30min Rangi	Powerzone Circuit 30min Rangi	Powerzone HIIT 30min Mel	Powerzone Cardio 30min Paola		
	8:00AM	Movers Active 30min Kath & Paola						
	9:30AM						Powerzone Circuit 30min Andrew	
	10:30AM	Movers Active 30min Kath & Nic H		Movers Active 30min Kath & Nic H		Movers Active 30min Jess & Nic H		
	12:15PM	Powerzone Circuit 30min Nic H	Powerzone Cardio 30min Amanda	Powerzone Barre 30min Cassie	Powerzone Fly 30min Cara	Powerzone HIIT 30min Pru		
	4:15PM	Powerzone HIIT 30min Joel	Powerzone Fly 30min Mel	Powerzone Cardio 30min Leanne	Powerzone Circuit 30min Joel	Powerzone Punch 30min Claudia		
	7:15PM	Powerzone Cardio 30min Joel	Powerzone HIIT 30min Joel	Powerzone Punch 30min Rangi	Powerzone Fly 30min Joel			
Foyer	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30PM		PARC Fit Run 60min Nic & Emma		PARC Fit Run 60min Nic & Emma			
50m Pool & Warm Water Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:40AM	FIT Swim 60min Amy		FIT Swim 60min Amy				
	8:30AM	Deep Water FIT 45min Kate	Deep Water FIT 45min Christine	Aqua HIIT 45min Christine	Deep Water Fit 45min Mandy	Aqua Fit 45min Claudia	Deep Water Running 45min Narelle	
	9:30AM	Aqua Fit 45min Kate	Aqua Fit 45min Christine	Aqua Fit 45min Chris	Aqua HIIT 45min Mandy	Aqua Fit 45min Claudia	Deep Water Fit 45min Narelle	
	2:00PM	WWP Yogalates 40min Claudia	WWP Workout 40min Deb	WWP Yogalates 40min Christine	WWP Workout 40min Astrid			
	6:45PM	Aqua Fit 45min Claudia	Deep Water Fit 45min Leanne	Aqua Fit 45min Narelle	Aqua HIIT 45min Nic G			
	7:35PM	Deep Water Fit 45min Claudia		Deep Water Running 45min Narelle				