

# SUTHERLAND LEISURE CENTRE

## GROUP FITNESS TIMETABLE - MARCH



### Aerobic Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		Pump Julie BP			Pump Julie BP		
6:00am	Yoga Maria		HIIT/TABATA Karina	Boxing Brigid			
7:00am			Metafit/Abs 45 Mitch C			Yoga Ada	
8:00am		Masters Pump Deb		Masters Power Hour - Julie G	Rhythm Fit Brigid	Shapes 45 Geri	Boxing 45 Rebecca/Pam
8:15am	Body Balance Emma		Pilates Judy				
9:00am					Metafit 30 Brigid	Body Step Geri	Pump Kerrie/Maria
9:15am	Barre 45 Brigid	Body Step Geri	HIIT/TABATA Keoni	Pump Julie G			
9:30am					MetaPWR 30 Brigid		
10:15am	HIIT/TABATA Michael	Pump Geri	Body Balance Deb			Pump Geri	Pilates Various
10:30am				Rhythm Fit Brigid	Pump Julie G		
11:30am		Barre 45 Geri		Body Balance Emma			
12:15pm	Pump Julie G		Pump Kerrie		Barre 45 Brigid		
12:30pm		Pilates Robyn		Barre 45 Ronia			
2:15pm	Yoga Neda						
4:00pm			MetaPWR 30 Geri				Pump Kerrie/Maria
4:30pm	Pump Julie BP		Metafit 30 Geri		Pump Kerrie		
5:00pm						Body Balance Deb	
5:15pm		Pump Jac	Freestyle Step Michael	Yoga Anghela			Yoga Winnie
5:30pm	Metafit/Abs 45 Mitch C						
6:15pm				Pump Anghela			
6:30pm	Boxing Barbara	Barre 45 Keoni	Yoga Neda				
7:30pm	Yoga Ada	Body Balance Jac	Pump Anghela	Barre 45 Anghela			

- All classes are 55 minutes EXCEPT those indicated which are 45 or 30min
- \* Power Hour/45 & FX may include 10mins of outdoor activity in some sessions

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## GROUP FITNESS TIMETABLE - MARCH



### Circuit Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	FX 45 Jen	Circuit 45 Karen W	FX 45 Mitch C	Circuit 45 Karina	Circuit 45 Various		
7:00am						Circuit Geri	
7:30am							Circuit Jo
8:00am		Body Balance Geri			Body Balance Emma		
8:15am	Mid Pace 45 Jen		Light 45 Julie BP	Mid Pace 45 Rebecca			
9:15am	Circuit Michael	Circuit Asha	Circuit Julie BP	Circuit Emma	Circuit Matt	FX 45 Kristy P	
10:30am	Gentle 45 Emma	Light 45 Asha	Shapes 45 Julie BP	Light 45 Rebecca	Mid Pace 45 Matt		
11:30am					Gentle 45 Ronja/Asha		
2:30pm				Circuit Rebecca			
4:00pm						FX 45 Karina	Circuit Michael/Kristy P
4:30pm	Circuit Julie G	FX 45 Karen W	Circuit Matt	Circuit Matt	Circuit Michael/Kristy P		
5:45pm	Circuit Julie G	Circuit Karen W	Circuit Matt	FX 45 Matt			
7:00pm	FX 45 Mitch C	Metafit 30 Mitch C	FX 45 Matt				
7:30pm		Metafit 30 Mitch C					

• All classes are 55 minutes EXCEPT those indicated which are 45 or 30min

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## GROUP FITNESS TIMETABLE - MARCH



### Aqua

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Power 45 Eve					
7:00am	Senior 45 Brigid		Senior 45 Noemi		Senior 45 Rebecca	Power 45 Barbara	
8:00am	Senior 45 Brigid	Senior 45 Tatiana	Senior 45 Tatiana	Senior 45 Brigid	Combo 45 Rebecca	Power Various	Power Rania
8:15am	Deep 45 Geri	Deep 45 Rebecca		Deep 45 Tatiana	Deep 45 Various		
9:00am						Deep 45 Various	Deep 45 Rania
9:30am	Power Emma	Power Karen R	Interval Pam		Power Karina		
9:30am	Deep 45 Jen	Deep 45 Emma	Deep 45 Judy	Deep 45 Megan	Deep 45 Rebecca		
10:30am	Gentle 45 Tatiana	Gentle 45 Karen R	Gentle 45 Judy	Gentle 45 Emma	Gentle 45 Rebecca		
10:30am	Deep 45 Geri		Deep 45 Karen R		Deep 45 Karina		
11:30am	Aqua Rehab Margaret		Aqua Rehab Margaret				
6:30pm		Power Jac	Deep 45 Karen R	Power Various			

• All classes are 55 minutes EXCEPT those indicated which are 45 or 30min

# SUTHERLAND LEISURE CENTRE

## GROUP FITNESS TIMETABLE - MARCH



### Spin Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	FS/RPM Deb		FS/RPM Karen W		FS/RPM Christie D		
6:00am		FS/RPM Lisa		FS/RPM Asha			
7:00am	FS/RPM Jen						
8:00am							FS/RPM 60 Barbara
8:15am	Gentle FS Brad		FS/RPM Keoni		Gentle FS Pam		
9:15am	FS/RPM Geri	FS/RPM Christie D	FS/RPM Deb	FS/RPM Brigid	FS/RPM Emma	FS/RPM Anghela	
4:30pm	FS/RPM Keoni						
5:15pm			FS/RPM Geri	FS/RPM Brad			
5:45pm	FS/RPM Karen W	FS/RPM Barbara					

FS = Freestyle class RPM = Les Mills Choreographed class

All spin classes are 45 minutes unless otherwise specified.