

ENGADINE LEISURE CENTRE

GROUP FITNESS TIMETABLE - JUNE AEROBIC STUDIO

MORNING

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---------------------|------------------------|----------------------------|---------------------|-----------------------|---------------------|
| 5.35AM | | | | | METAFIT 30 MITCH N | |
| 5.45AM | | POWER HOUR* MICHAEL | PUMP DEB | | | |
| 6.05AM | | | | | METAPWR 30 MITCH N | |
| 7.30AM | | | | | | TRX 45 REBECCA H |
| 8.15AM | | | | | | PUMP LACHLAN D |
| 8.30AM | | | | BODY BALANCE DEB | | |
| 9.15AM | | | BEGINNERS TRX 45 KARINA | | | |
| 9.30AM | PUMP 45 CHRISTIE | FX 45* KARINA | TABATA 45 VARIOUS | POWER 45* KARINA | PUMP BRAD | BOXING BARBARA |
| | TRX 45 REBECCA H | | | | | |
| 10.30AM | | YOGA REBECCA H | BOXING ASHA | | | PILATES ANGHELA |
| | | TRX 45 BRIGID | | | | |
| 10.45AM | PILATES JUDY | | | | YOGA DON | |
| 11.30AM | | RHYTHM FIT BRIGID | GENTLE EX 45 ASHA | | | |

AFTERNOON

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------|------------------------|---------------------------|--------------------|--------|----------|
| 5.15PM | | | TRX 45 JEN H | | | |
| 5.30PM | | TABATA 45 REBECCA H | METAPWR/ABS 45 BRAD | | | |
| 6.30PM | POWER 45* KARINA | BOXING REBECCA H | PUMP BRAD | PILATES VARIOUS | | |
| 7.30PM | | PILATES ANGHELA | BODY BALANCE LACHLAN D | | | |

SUTHERLANDSHIRE

LEISURE
CENTRES

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

ENGADINE LEISURE CENTRE

GROUP FITNESS TIMETABLE - JUNE

SPIN & AQUA

SPIN STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|------------------------|----------------------|---------------------|-------------------|--------|-----------------------|--------|
| 5.45AM | | F/S OR RPM EMMA W | | F/S OR RPM DEB | | | |
| 8.30AM | | | | | | F/S OR RPM BARBARA | |
| 9.30AM | | F/S OR RPM BRIGID | F/S OR RPM ASHA | | | | |
| 10.30AM | F/S OR RPM CHRISTIE | | | | | | |
| 6.15PM | F/S OR RPM ASHA | | F/S OR RPM JEN H | | | | |

AQUA

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|------------------|---------|----------------------|----------|-----------------|----------------------|--------|
| 8AM | DEEP 45 MEGAN | | DEEP 45 REBECCA H | | DEEP 45 JUDY | | |
| 8.30AM | | | | | | DEEP 45 REBECCA H | |

SUTHERLANDSHIRE

LEISURE
CENTRES