

# ENGADINE LEISURE CENTRE

## GROUP FITNESS TIMETABLE - NOVEMBER

### Aerobic Studio



#### MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am					METAFIT 30 MITCH N		
5:45am	★ STRENGTH CCT ASHA ★	POWER HOUR* CHRISTIE D	PUMP DEB				
6:05am					METAPWR 30 MITCH N		
7:30am						TRX 45 REBECCA H	
8:15am						PUMP LACHLAN D	
8:30am				BODY BALANCE DEB			
9:00am							★ BODY BALANCE VARIOUS ★
9:15am			BEGINNERS TRX 45 KARINA				
9:30am	PUMP CHRISTIE D	FX 45* KARINA	★ PILATES ASHA ★	POWER 45* KARINA	PUMP BRAD	BOXING BARBARA	
	TRX 45 REBECCA H	YOGA REBECCA H				PILATES ANGHELA	
10:30am		TRX 45 BRIGID	GENTLE EX 45 ASHA				
10:45am	PILATES JUDY			YOGA MEGAN	YOGA DON		
11:30am		RHYTHM FIT BRIGID					

#### AFTERNOON/EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15pm			TRX 45 JEN H				
5:30pm		HIIT/TABATA 45 LACHLAN D	METAPWR/ABS 45 BRAD				
6:30pm	POWER 45* KARINA	BOXING LACHLAN D	PUMP BRAD	PILATES NOEMI			
7:30pm		PILATES ANGHELA	BODY BALANCE LACHLAN D				

- \* NEW Strength Circuit with Asha - beginning Monday 4th November
- \* NEW Pilates with Asha - beginning Wednesday 6th November
- \* NEW Body Balance beginning Sunday 3rd November
- \* Wednesday Gentle Exercise moves to 10:30am from 6th November

- 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

# ENGADINE LEISURE CENTRE

## GROUP FITNESS TIMETABLE - NOVEMBER



### 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					
10:30am	F/S OR RPM CHRISTIE D						
6:15pm	F/S OR RPM ASHA		F/S OR RPM JEN H				

### Aqua



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	DEEP 45 MEGAN		DEEP 45 REBECCA H		DEEP 45 JUDY		
8:30am						DEEP 45 REBECCA H	

All spin & aqua classes are 45 minutes unless otherwise specified.