

SUTHERLAND LEISURE CENTRE



GROUP FITNESS TIMETABLE - FEBRUARY 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 VARIOUS |
| 8:15am | BODY BALANCE EMMA W | | PILATES JUDY | | | | |
| 9:00am | | | | | METAFIT 30 BRIGID | BODY STEP GERI | PUMP VARIOUS |
| 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 W | | | |
| 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 VARIOUS |
| 4:30pm | PUMP JULIE BP | | METAFIT 30 GERI | | PUMP KERRIE | | |
| 5:00pm | | | | | | BODY BALANCE DEB | |
| 5:15pm | | PUMP JAC | BODY STEP/FS GERI/MICHAEL | YOGA ANGHELA | | | YOGA WINNIE |
| 5:30pm | METAFIT/ABS 45 MITCH C | | | | | | |
| 6:00pm | | | | | | | |
| 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 | | | |

- NEW Shapes class Saturday 8am (replacing Barre for 12 weeks) - launch date Sat 8th Feb
- Wednesday 5:30pm Step moves forward to 5:15pm from Wed 5th Feb (alternating between Body Step and Freestyle Step each week)

SUTHERLANDSHIRE

LEISURE
CENTRES

- Management reserves the right to alter class styles for last minute staff changes.
- All classes are 55 minutes EXCEPT those indicated which are 45 or 30min.

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - FEBRUARY CIRCUIT STUDIO



MORNING

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------------------|-----------------------|---------------------------|--------------------------|-------------------------|-------------------|---------------|
| 6:00am | FX 45 JEN H | CIRCUIT 45 KAREN W | FX 45 MITCH C | CIRCUIT 45 KARINA | CIRCUIT 45 REBECCA H | | |
| 7:00am | | | | | | CIRCUIT GERI | |
| 7:30am | | | | | | | CIRCUIT JO |
| 8:00am | | BODY BALANCE GERI | | | BODY BALANCE EMMA W | | |
| 8:15am | MID PACE 45 JEN H | | LIGHT 45 JULIE BP | MID PACE 45 REBECCA H | | | |
| 9:00am | | | | | | | |
| 9:15am | CIRCUIT MICHAEL | CIRCUIT ASHA | CIRCUIT JULIE BP | CIRCUIT EMMA W | CIRCUIT MATT | FX 45 KRISTY P | |
| 9:30am | | | | | | | |
| 10:30am | GENTLE 45 EMMA W | LIGHT 45 ASHA | ★ SHAPES 45 JULIE BP ★ | LIGHT 45 REBECCA H | MID PACE 45 MATT | | |
| 11:30am | | | | | GENTLE 45 PAM/ASHA | | |

AFTERNOON

| | | | | | | | |
|--------|--------------------|-----------------------|-----------------|----------------------|-----------------------------|-----------------|-----------------------------|
| 2.30pm | | | | CIRCUIT REBECCA H | | | |
| 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 | | |
| 5:00pm | | | | | | | |
| 5:15pm | | | | | | | |
| 5:45pm | CIRCUIT JULIE G | CIRCUIT KAREN W | CIRCUIT MATT | FX 45 MATT | | | |
| 6:00pm | | | | | | | |
| 6:15pm | | | | | | | |
| 7:00pm | FX 45 MITCH C | METAFIT 30 MITCH C | FX 45 MATT | | | | |
| 7:30pm | | METAFIT 30 MITCH C | | | | | |

- NEW Shapes class Wednesday 10:30am (replacing mid pace circuit for 12 weeks) - beginning Wed 12th Feb
- Wed 10:30am mid pace circuit will still run on 5th February

Management reserves the right to alter class styles for last minute staff changes
All classes are 55 minutes EXCEPT those indicated which are 45 or 30min

SUTHERLANDSHIRE

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CENTRES

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - FEBRUARY SPIN STUDIO



MORNING

| | 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 H | | | | | | |
| 8:00am | | | | | | | FS / RPM 60 BARBARA |
| 8:15am | GENTLE F/S BRAD | | FS / RPM KEONI | | GENTLE F/S PAM | | |
| 9:00am | | | | | | | |
| 9:15am | FS / RPM GERI | FS / RPM CHRISTIE D | FS / RPM DEB | FS / RPM BRIGID | FS / RPM EMMA W | FS / RPM ANGHELA | |

AFTERNOON

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------------|---------------------|--------------------------|------------------|--------|----------|--------|
| 4:30pm | FS / RPM KEONI | | | | | | |
| 5:00pm | | | | | | | |
| 5:15pm | | | FS / RPM GERI/VARIOUS | FS / RPM BRAD | | | |
| 5:45pm | FS / RPM KAREN W | FS / RPM BARBARA | | | | | |

All spin classes are 45 minutes EXCEPT those indicated as 60 minutes.

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - FEBRUARY

AQUA STUDIO



MORNING

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|------------------------|----------------------|------------------------|---------------------|------------------------|---------------------|------------------|
| 6:00am | | POWER 45 EVE | | | | | |
| 7:00am | SENIOR 45 BRIGID | | SENIOR 45 NOEMI | | SENIOR 45 REBECCA H | POWER 45 BARBARA | |
| 8:00am | SENIOR 45 BRIGID | SENIOR 45 TATIANA | SENIOR 45 TATIANA | SENIOR 45 BRIGID | COMBO 45 REBECCA H | POWER VARIOUS | POWER RANIA |
| 8:15am | DEEP 45 GERI | DEEP 45 REBECCA H | | DEEP 45 TATIANA | DEEP 45 VARIOUS | | |
| 9:00am | | | | | | DEEP 45 VARIOUS | DEEP 45 RANIA |
| 9:30am | POWER EMMA W | POWER KAREN R | INTERVAL PAM | | POWER KARINA | | |
| | DEEP 45 JEN H | DEEP 45 EMMA W | DEEP 45 JUDY | DEEP 45 MEGAN | DEEP 45 REBECCA H | | |
| 10:30am | GENTLE 45 TATIANA | GENTLE 45 KAREN R | GENTLE 45 JUDY | GENTLE 45 EMMA W | GENTLE 45 REBECCA H | | |
| | DEEP 45 GERI | | DEEP 45 KAREN R | | DEEP 45 KARINA | | |
| 11:30am | AQUA REHAB MARGARET | | AQUA REHAB MARGARET | | | | |

EVENING

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|--------------|--------------------|------------------|--------|----------|--------|
| 6:30pm | | POWER JAC | DEEP 45 KAREN R | POWER VARIOUS | | | |

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