



Fitness BOOTCAMP

beginners and intermediate fitness levels

Updated 25/7/17

GROUP FITNESS TIMETABLE 2017									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9.00am		9.00am		9.00am		9.00am		9.00am	
9.15am	Body Bar	9.15am		9.15am	Body Bar	9.15am		9.15am	Body Bar
9.30am	Shirley	9.30am		9.30am	Shirley	9.30am		9.30am	Shirley
10.00am		10.00am		10.00am		10.00am		10.00am	
10.30am		10.30am		10.30am		10.30am		10.30am	
11.00am		11.00am		11.00am		11.00am		11.00am	
11.30am		11.30am		11.30am		11.30am		11.30am	
12.00pm	Non Staffed	12.00pm	Non Staffed	12.00pm	Non Staffed	12.00pm	Non Staffed	12.00pm	Non Staffed
12.30pm	Period	12.30pm	Period	12.30pm	Period	12.30pm	Period	12.30pm	Period
1.00pm	24/7 only	1.00pm	24/7 only	1.00pm	24/7 only	1.00pm	24/7 only	1.00pm	24/7 only
1.30pm		1.30pm		1.30pm		1.30pm		1.30pm	
2.15pm	Yoga*	2.00pm		2.00pm		2.00pm		2.00pm	
2.30pm	Bonnie	2.30pm		2.30pm		2.30pm		2.30pm	
3.15pm		3.00pm		3.00pm		3.00pm		3.00pm	
3.30pm		3.30pm		3.30pm		3.30pm		3.30pm	
4.00pm		4.00pm		4.00pm		4.00pm		4.00pm	
4.30pm	Family Yoga*	4.30pm		4.30pm		4.30pm		4.30pm	
5.00pm	Bonnie	5.00pm		5.00pm		5.00pm		5.00pm	
5.30pm		5.30pm		5.30pm		5.30pm		5.30pm	
6.00pm	Body Bar	6.00pm		6.00pm		6.00pm	Vicki	6.00pm	
7.00pm	Shirley	6.45pm		6.45pm	Bootcamp	7.00pm	Body Bar/Core	6.30pm	
7.00pm	Bootcamp	7.00pm	Yoga*	7.00pm	Reaghan	7.00pm	Step Class	7.00pm	
7.30pm	Shirley	7.30pm	Bonnie	7.30pm	Shirley	7.30pm		7.30pm	
8.00pm		8.00pm		8.00pm		8.00pm		8.00pm	

***Not included in Gym Membership (Call Bonnie Rogers 0408073248) to register**