

ReCreation Trackside Timetable

GROUP FITNESS ROOM

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	SUNRISE SURPRISE Helen		ENERGIZE & TONE Helen				
6.15am		BODY PUMP Chez		BODY PUMP Sharon			
6.45am			SPIN FT [2] Andrew				
7.00am	FIT 55 Andrew		FIT 55 Peter		FIT 55 Peta		
8.30am	PUMP Ed	CHAIR Anna	TRX Andrew T	TRX CIRCUIT Andrew T	THT Kate	BOXING Andrew T	
9.30am	TOTAL WORKOUT Merryl	THT Helen Mc	Circuit Andrew	BODY PUMP Caroline	FIT 55 Eloise	BODY PUMP Michael	
10.30am	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Andrew T	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Anna		FIT 55 Andrew T
3.30pm							
5.00pm							
5.30pm	BODY BAR Merryl	FIT 55 Kate	BODY PUMP Patricia	BODY PUMP Viv		SPIN FT [2] Andrew T	SPIN FT [2] JC
6.30pm	BOXING Andrew	BODY PUMP Fleur	FIT 55 Tracy				
6.45pm				BOXING Andrew T			

SPIN STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	Julie						
6.15am			SPIN FT [1] Andrew	Peta	Peta		
7.00am			SPIN FT [1] Caro				
7.45am			Andrew			Peta	
8.00am							
8.30am					Bridget	Peta	
8.45am	Andrew T	Kate	Arron	Peta			Andrew T
9.15am					Bridget		
9.30am	Andrew T	Kate		Andrew		Merryl	Andrew T
5.15pm						Andrew SPIN FT	JC SPIN FT
5.30pm	Andrew T	Stacy					
6.15pm			Peta	Kate			
6.30pm	Arron	Spin FT Catherine					

STUDIO 2 (MIND BODY ROOM)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.45am		ZUMBA EXPRESS 45 Laura		ZUMBA EXPRESS 45 Laura			
8.30am	MAT PILATES Tina	MAT PILATES Shalini	BARRE 45 Mandee	BARRE 50 Sarah	CHAIR AEROBICS Anna	YOGA Cindy	YOGA Juan
9.15am	MAT PILATES Tina						
9.30am		YOGA Stephanie	YOGA Ellen	YOGA Felicity	BARRE/BAL Kate	YOGALATES Sally	YOGA Fiona
10.30am	YOGA Valerie		YIN YOGA Larisa	RESTORATIVE FLOW YOGA Chloe	YOGA Larisa	ZUMBA Diana	ZUMBA Stephanie
10.45am		MAT PILATES Tina					
11.30am				ZUMBA Luda	MEDITATION 30 Larisa		
12 noon		BARRE DANCE Tina					
3.30pm						YOGA Felicity/Larisa	
4.30pm							ZUMBA Pedro
5.00pm				PILATES Merryl			
5.30pm			YOGA Heidi				
5.45pm		ZUMBA Luda					
6.00pm					YOGA Darren		
6.30pm	YOGA Larisa	POWER YOGA Chloe	PILATES Maree	YOGA Chloe			
7.30pm	ZUMBA Laura		YOGA Valerie				

OUTDOOR CLASSES

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00am						OUTDOOR ADVENTURE Helen	
9.20am		RUN GROUP Helen					

REFORMER

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
9.00am						Larisa	Elaine
9.30am	Bridget	Alice	Mandee	Alice	Larisa		
10.00am						Larisa	Mandee
10.30am	Bridget	Alice	Bridget	Alice	Larisa		
5.30pm	Alice/Caro	Larisa	Maree	Jason			
6.00pm					Maree		
6.30pm	Melinda	Marcela		Jason			