



GROUP FITNESS FESTIVE TIMETABLE

30 December 2019 - 5 January 2020

MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5.45 AM				BODYPUMP 45 mins	BOXING 45 mins	8.20 AM BODYATTACK 60 mins	
8.40 AM				ABT 45 mins		9.30 AM BODYPUMP 30 mins	BODYCOMBAT 45 mins
9.30 AM	BODYPUMP 60 mins	HIIT 30 mins		BODYPUMP 30 mins	HIITSTEP 30 mins	10.00 AM ZUMBA 60 mins	
10.05 AM		BODYBALANCE 30 mins		BODYCOMBAT 30 mins	ABT 30 mins	10.30 AM	BODYPUMP 60 mins
10.40 AM	YOGALATES 75 mins			YOGALATES 75 mins	YOGA 60 mins	11.00 AM BODYBALANCE 60 mins	
5.15 PM	BODYPUMP 30 mins			BODYATTACK 30 mins	BODYBALANCE 60 mins	4.00 PM	YOGA 60 mins
5.50 PM	ZUMBA 45 mins			BODYPUMP 30 mins			
6.25 PM				PILATES 60 mins			



STUDIO 2

	MON	TUE	WED	THU	FRI
5.45 AM					RPM 45 mins
9.30 AM		RPM 45 mins		GROUP CYCLE 45 mins	
5.50 PM	RPM 45 mins			GROUP CYCLE 45 mins	

	SAT	SUN
7.30 AM	RPM 45 mins	
8.30 AM	RPM 45 mins	



AQUA FITNESS

	MON	TUE	WED	THU	FRI
5.45 AM				AQUA FIT 45 mins	
8.35 AM					AQUA FIT 45 mins
9.30 AM	AQUA FIT 45 mins	AQUA ENERGY 45 mins		AQUA ENERGY 45 mins	
10.30 AM				AQUA FIT 45 mins	
5.30 PM				AQUA FIT 45 mins	
6.00 PM	AQUA FIT 45 mins				

	SAT	SUN
8.30 AM	AQUA ENERGY 45 mins	
9.30 AM		AQUA FIT 45 mins
10.30 AM	AQUA DEEP 45 mins	



HEALTH CLUB

	MON	TUE	WED	THU	FRI
5.45 AM	OMNIA X 30 mins	OMNIA 30 mins		OMNIA 30 mins	OMNIA 30 mins
6.30 AM	OMNIA 30 mins	OMNIA 30 mins		OMNIA X 30 mins	OMNIA 30 mins
7.15 AM	OMNIA 30 mins	OMNIA 30 mins			
9.15 AM	OMNIA 30 mins	OMNIA X 30 mins		OMNIA 30 mins	OMNIA 30 mins
10.00 AM	OMNIA 30 mins	OMNIA 30 mins		OMNIA 30 mins	OMNIA X 30 mins
10.30 AM	LLLS 120 mins				LLLS 120 mins
10.45 AM	OMNIA SENIOR 30 mins				OMNIA SENIOR 30 mins
3.30 PM	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins		FITNESS FOR TEENS 90 mins	
4.45 PM	OMNIA 30 mins				OMNIA 30 mins
5.45 PM	OMNIA 30 mins			OMNIA 30 mins	OMNIA 30 mins

	SAT	SUN
9.00 AM	OMNIA X 30 mins	OMNIA 30 mins
10.00 AM	OMNIA 30 mins	OMNIA 30 mins

ARENA 4 Townley St, Armadale

	THU	FRI	SAT
9.30 AM	RIP 60 mins		FUSION MIX 60 mins

HAVE AN #ACTIVEXMAS