

ENGADINE LEISURE CENTRE

GROUP FITNESS TIMETABLE - JULY



Aerobic Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am					Metafit 30 Mitch N		
5:45am	Strength Asha	Power Hour* Christie D	Pump Christie D				
6:05am					MetaPWR 30 Mitch N		
7:30am						TRX 45 Rebecca	
8:15am						Pump Lachlan	
8:30am				Body Balance Deb			
9:00am							Body Balance Winnie/Various
9:15am			Beg TRX 45 Karina				
9:30am	Pump Christie D	FX 45* Karina	Pilates Asha	Power 45* Karina	Pump Brad	Boxing Barbara	
9:30am	TRX 45 Rebecca	Yoga Rebecca					
10:30am		TRX 45 Brigid	Gentle EX 45 Asha			Pilates Anghela	
10:45am	Pilates Rebecca				Yoga Don		
11:30am		Rhythm Fit Brigid					
5:15pm			TRX 45 Jen				
5:30pm		Power 45* Lachlan	MetaPWR/Abs 45 Kristy P				
6:30pm	Power 45* Karina	Boxing Lachlan	Pump Brad	Pilates Noemi			
7:30pm		★ Shapes 45 Lachlan ★	Body Balance Lachlan				

- NEW Shapes class on Tuesdays at 7:30pm for the next 12 weeks from 22 July
- * Power Hour/45 & FX may include 10mins of outdoor activity in some sessions

• 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 - JULY



Spin Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		FS/RPM Emma		FS/RPM Deb			
8:30am						FS/RPM Barbara	
9:30am		FS/RPM Brigid					
10:30am	FS/RPM Christie D						
6:15pm	FS/RPM Asha		FS/RPM Jen				

Aqua

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Deep 45 Pam		Deep 45 Rebecca		Deep 45 Judy		
8:30am						Deep 45 Rebecca	

All spin classes are 45 minutes unless otherwise specified.