

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - MAY AEROBIC STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM		PUMP JULIE BP			PUMP JULIE BP		
6AM	YOGA MARIA		HIIT/TABATA KARINA	BOXING BRIGID			
7AM			METAFIT/ABS 45 MITCH C			YOGA ADA	
8AM		MASTERS PUMP DEB		POWER HOUR JULIE G	RHYTHM FIT BRIGID	BARRE 45 GERI	BODY ATTACK REBECCA L
8.15AM	BODY BALANCE EMMA W		PILATES JUDY				
9AM					METAFIT 30 BRIGID	BODY STEP VARIOUS	PUMP REBECCA L
9.15AM	BARRE 45 BRIGID	BODY STEP GERI	BODY ATTACK KEONI	PUMP JULIE G			
9.30AM					METAPWR 30 BRIGID		
10.15AM	HIIT 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						
4PM			METAPWR 30 GERI				PUMP KERRIE/LACHLAN D
4.30PM	PUMP JULIE BP		METAFIT 30 GERI		PUMP KERRIE		
5PM						BODY BALANCE DEB	
5.15PM		PUMP JAC		YOGA VARIOUS			YOGA WINNIE
5.30PM	METAFIT/ABS 45 MITCH C		BODY STEP KEONI				
6PM							
6.15PM				PUMP ANGHELA/BRAD			
6.30PM	BOXING BARBARA	BARRE 45 KEONI	YOGA NEDA				
7.30PM	YOGA ADA	BODY BALANCE JAC	PUMP VARIOUS	BARRE 45 ANGHELA/RONIA			

- 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

LEISURE
CENTRES

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - MAY CIRCUIT STUDIO

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	FX 45 JEN H	CIRCUIT 45 KARINA	FX 45 MITCH C	CIRCUIT 45 KAREN W	CIRCUIT 45 EMMA H		
7AM						CIRCUIT GERI	
7.30AM							CIRCUIT JO
8AM		BODY BALANCE GERI			BODY BALANCE EMMA W		
8.15AM	MID PACE 45 JEN H		LIGHT 45 JULIE BP	MID PACE 45 MEGAN			
9AM							
9.15AM	CIRCUIT MICHAEL	CIRCUIT ASHA	CIRCUIT JULIE BP	CIRCUIT EMMA W	CIRCUIT MATT	FX 45 GERI	
9.30AM							
10.15AM							
10.30AM	GENTLE 45 EMMA W	LIGHT 45 ASHA	MID PACE 45 JULIE BP	LIGHT 45 REBECCA H	MID PACE 45 MATT		

AFTERNOON

2.30PM				CIRCUIT REBECCA H			
4PM						FX 45 KARINA	CIRCUIT MICHAEL
4.30PM	CIRCUIT JULIE G	FX 45 KAREN W	CIRCUIT MATT	CIRCUIT MATT	CIRCUIT MICHAEL		
5PM							
5.15PM							
5.45PM	CIRCUIT JULIE G	CIRCUIT KAREN W	CIRCUIT MATT	FX 45 MATT			
6PM							
6.15PM							
7PM	FX 45 MITCH C	METAFIT 30 MITCH C	FX 45 MATT				
7.30PM		METAFIT 30 MITCH C					

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

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - MAY SPIN STUDIO

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	FS / RPM DEB		FS / RPM KAREN W		FS / RPM CHRISTIE		
6AM		FS / RPM LISA		FS / RPM ASHA			
7AM	FS / RPM JEN H						
8AM							FS / RPM 60 BARBARA
8.15AM	GENTLE F/S BRAD		FS / RPM KEONI		GENTLE F/S VARIOUS		
9AM							
9.15AM	FS / RPM GERI	FS / RPM CHRISTIE	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 EMMA W						
5PM							
5.15PM			FS / RPM GERI	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 - MAY AQUA STUDIO

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM		POWER 45 EVE					
7AM	SENIOR 45 BRIGID		SENIOR 45 * VARIOUS		SENIOR 45 REBECCA H	POWER 45 BARBARA	
8AM	SENIOR 45 BRIGID	SENIOR 45 TATIANA	SENIOR 45 TATIANA	SENIOR 45 BRIGID	COMBO 45 REBECCA H	POWER RANIA	POWER RANIA
8.15AM	DEEP 45 GERI	DEEP 45 REBECCA H		DEEP 45 TATIANA	DEEP 45 NATASHA		
9AM						DEEP 45 RANIA	DEEP 45 RANIA
9.30AM	POWER EMMA W	POWER KAREN R	INTERVAL NATASHA		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 NATASHA			

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