

# ENGADINE LEISURE CENTRE

## GROUP FITNESS TIMETABLE - DECEMBER

### Aerobic Studio



### MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am					Metafit 30 Mitch N		
5:45am	Strength CCT Asha	Power Hour* Various	Pump Deb				
6:05am					MetaPwr 30 Mitch N		
7:30am						TRX 45 Rebecca	
8:15am						Pump Lachlan D	
8:30am				Body Balance Deb			
9:00am							Body Balance Various
9:15am			Beg TRX 45 Karina				
9:30am	Pump Christie D	FX 45* Karina	Pilates Asha	Power 45 Karina	Pump Brad	Boxing Barbara	
	TRX Rebecca	Yoga Rebecca				Pilates Anghela	
10:30am		TRX 45 Brigid	Gentle Ex 45 Asha				
10:45am	Pilates Judy			Yoga Megan	Yoga Don		
11:30am		Rhythm Fit Brigid					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15pm			TRX 45 Jen H				
5:30pm		HIIT/Tabata 45 Lachlan D	MetaPWR/Abs 45 Brad				
6:30pm	Power 45* Karina	Boxing Lachlan D	Pump Brad	Pilates Noemi			
7:30pm		Pilates Anghela	Body Balance Lachlan D				

- 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 - DECEMBER



### Spin Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:45am</b>		F/S or RPM Emma W		F/S or RPM Deb			
<b>8:30am</b>						F/S or RPM Barbara	
<b>9:30am</b>		F/S or RPM Brigid					
<b>10:30am</b>	F/S or RPM Christie D						
<b>6:15pm</b>	F/S or RPM Asha		F/S or RPM Jen H				

### Aqua

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00am</b>	Deep 45 Megan		Deep 45 Rebecca H		Deep 45 Judy		
<b>8:30am</b>						Deep 45 Rebecca H	

All spin & aqua classes are 45 minutes unless otherwise specified.