

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - DECEMBER 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		MASTERS POWER HOUR - JULIE G	RHYTHM FIT BRIGID	BARRE 45 GERI	BOXING 45 PAM
8.15AM	BODY BALANCE EMMA W		PILATES JUDY				
9AM					METAFIT 30 BRIGID	BODY STEP GERI	PUMP VARIOUS
9.15AM	BARRE 45 BRIGID	BODY STEP GERI	HIIT/TABATA 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 ANGHELA			YOGA WINNIE
5.30PM	METAFIT/ABS 45 MITCH C		BODY STEP/HIIT GERI/VARIOUS				
6PM							
6.15PM				PUMP ANGHELA			
6.30PM	BOXING BARBARA	BARRE 45 KEONI	YOGA NEDA				
7.30PM	YOGA ADA	BODY BALANCE JAC	PUMP ANGHELA	BARRE 45 ANGHELA			

- 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 - DECEMBER CIRCUIT STUDIO



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	FX 45 JEN H	CIRCUIT 45 KAREN W	FX 45 MITCH C	CIRCUIT 45 KARINA	CIRCUIT 45 REBECCA 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 REBECCA H			
9AM							
9.15AM	CIRCUIT MICHAEL	CIRCUIT ASHA	CIRCUIT JULIE BP	CIRCUIT EMMA W	CIRCUIT MATT	FX 45 KRISTY P	
9.30AM							
10.30AM	GENTLE 45 EMMA W	LIGHT 45 ASHA	MID PACE 45 JULIE BP	LIGHT 45 REBECCA H	MID PACE 45 MATT		
11.30AM					GENTLE 45 PAM/ASHA		

AFTERNOON

2.30PM				CIRCUIT REBECCA H			
4PM						FX 45 KARINA	CIRCUIT MICHAEL/KRISTY P
4.30PM	CIRCUIT JULIE G	FX 45 KAREN W	CIRCUIT MATT	CIRCUIT MATT	CIRCUIT MICHAEL/KRISTY P		
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					

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

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - DECEMBER

SPIN STUDIO



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	FS / RPM DEB		FS / RPM KAREN W		FS / RPM CHRISTIE D		
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 PAM		
9AM							
9.15AM	FS / RPM GERI	FS / RPM CHRISTIE D	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/VARIOUS	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 - DECEMBER

AQUA STUDIO



MORNING

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

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