

# SUTHERLAND LEISURE CENTRE

## GROUP FITNESS TIMETABLE - JULY

### AEROBIC STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5.45AM</b>		PUMP JULIE BP			PUMP JULIE BP		
<b>6AM</b>	YOGA MARIA		HIIT/TABATA KARINA	BOXING BRIGID			
<b>7AM</b>			METAFIT/ABS 45 MITCH C			YOGA ADA	
<b>8AM</b>		MASTERS PUMP DEB		POWER HOUR JULIE G	RHYTHM FIT BRIGID	BARRE 45 GERI	BODY ATTACK REBECCA L
<b>8.15AM</b>	BODY BALANCE EMMA W		PILATES JUDY				
<b>9AM</b>					METAFIT 30 BRIGID	BODY STEP GERI	PUMP REBECCA L
<b>9.15AM</b>	BARRE 45 BRIGID	BODY STEP GERI	★ TABATA MMA JULIE G ★	PUMP JULIE G			
<b>9.30AM</b>					METAPWR 30 BRIGID		
<b>10.15AM</b>	HIIT MICHAEL	PUMP GERI	BODY BALANCE DEB			PUMP GERI	PILATES WINNIE
<b>10.30AM</b>				RHYTHM FIT BRIGID	PUMP JULIE G		
<b>11.30AM</b>		BARRE 45 GERI		BODY BALANCE EMMA W			
<b>12.15PM</b>	PUMP JULIE G		PUMP KERRIE		BARRE 45 BRIGID		
<b>12.30PM</b>		PILATES ROBYN		BARRE 45 RONIA			
<b>2.15PM</b>	YOGA NEDA						
<b>4PM</b>			METAPWR 30 GERI				PUMP KERRIE/LACHLAN D
<b>4.30PM</b>	PUMP JULIE BP		METAFIT 30 GERI		PUMP KERRIE		
<b>5PM</b>						BODY BALANCE DEB	
<b>5.15PM</b>		PUMP JAC		YOGA ANGHELA			YOGA WINNIE
<b>5.30PM</b>	METAFIT/ABS 45 MITCH C		BODY STEP VARIOUS				
<b>6PM</b>							
<b>6.15PM</b>				PUMP ANGHELA			
<b>6.30PM</b>	BOXING BARBARA	BARRE 45 VARIOUS	YOGA NEDA				
<b>7.30PM</b>	YOGA ADA	BODY BALANCE JAC	PUMP ANGHELA	BARRE 45 ANGHELA			

- Wednesday's 9:15am Body Attack is changing to Tabata MMA for July
- 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 - JULY CIRCUIT STUDIO

### MORNING

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

### AFTERNOON

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

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

# SUTHERLAND LEISURE CENTRE

## GROUP FITNESS TIMETABLE - JULY SPIN STUDIO

### MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5.45AM</b>	FS / RPM DEB		FS / RPM KAREN W		FS / RPM CHRISTIE D		
<b>6AM</b>		FS / RPM LISA		FS / RPM ASHA			
<b>7AM</b>	FS / RPM JEN H						
<b>8AM</b>							FS / RPM 60 BARBARA
<b>8.15AM</b>	GENTLE F/S BRAD		FS / RPM VARIOUS		GENTLE F/S VARIOUS		
<b>9AM</b>							
<b>9.15AM</b>	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
<b>4.30PM</b>	FS / RPM EMMA W						
<b>5PM</b>							
<b>5.15PM</b>			FS / RPM GERI	FS / RPM BRAD			
<b>5.45PM</b>	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 - JULY

### AQUA STUDIO

#### MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6AM</b>		POWER 45 EVE					
<b>7AM</b>	SENIOR 45 BRIGID		SENIOR 45 NOEMI		SENIOR 45 REBECCA H	POWER 45 BARBARA	
<b>8AM</b>	SENIOR 45 BRIGID	SENIOR 45 TATIANA	SENIOR 45 TATIANA	SENIOR 45 BRIGID	COMBO 45 REBECCA H	POWER VARIOUS	POWER RANIA
<b>8.15AM</b>	DEEP 45 GERI	DEEP 45 REBECCA H		DEEP 45 TATIANA	DEEP 45 NATASHA		
<b>9AM</b>						DEEP 45 VARIOUS	DEEP 45 RANIA
<b>9.30AM</b>	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		
<b>10.30AM</b>	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		
<b>11.30AM</b>	AQUA REHAB MARGARET		AQUA REHAB MARGARET				

#### EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6.30PM</b>		POWER JAC	POWER * KAREN R	POWER WENDY			

- Wednesday night 6:30pm deep aqua has moved indoors as power aqua for the Winter months

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