

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - JULY

Aerobic Studio



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
5:45am		Pump Julie BP			Pump 45 Julie BP		
6:00am	Yoga Maria		HIIT/TABATA Karina	Boxing Brigid			
6:45am		Pilates Various			Pilates Geri		
7:00am			Yoga Megan/Neda			Yoga Ada	
8:00am		Masters Pump Deb		Masters Power Hour - Julie G	Rhythm Fit Brigid	★ Shapes 45 Geri ★	Boxing 45 Various
8:15am	Body Balance Emma		Pilates Judy				
9:00am					Metafit 30 Brigid	Body Step Geri	Pump Kerrie/Maria
9:15am	Barre 45 Brigid	Body Step Geri	HIIT/TABATA Keoni	Pump Julie G			
9:30am					MetaPWR 30 Brigid		
10:15am	HIIT/TABATA Michael	Pump Geri	Body Balance Deb			Pump Geri	Pilates Winnie/Maria
10:30am				Rhythm Fit Brigid	Pump Julie G		
11:30am		Barre 45 Geri		Body Balance Emma			
12:15pm	Pump Julie G		Pump Kerrie		Barre 45 Brigid		
12:30pm		Pilates Robyn		Barre 45 Ronja			
2:15pm	Yoga Neda						
4:00pm		Power 45 Various	MetaPWR 30 Geri				Pump Kerrie
4:30pm	Pump Julie BP		Metafit 30 Geri		Pump Kerrie		
5:00pm						Body Balance Deb	
5:15pm		Pump Jac	Freestyle Step Michael	Yoga Anghela			Yoga Winnie
5:30pm	Metafit/Abs 45 Mitch C						
6:15pm				Pump Various			
6:30pm	Boxing Barbara	Barre 45 Keoni	Yoga Neda				
7:30pm	Yoga Ada	Body Balance Jac	Pump Anghela	Pilates Anghela			

• Shapes will return to Saturdays at 8am for the next 12 weeks from 5th July

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

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - JULY

Circuit Studio



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am							
6:00am	FX 45 Jen	Circuit 45 Karen W	FX 45 Mitch C	Circuit 45 Karina	Circuit 45 Michael		
7:00am			Metafit/Abs 45 Mitch C		Circuit 45 Kristy P/Brigid	Circuit Geri	
7:30am							Circuit Jo
8:00am		Body Balance Geri			Body Balance Emma		
8:15am	Mid Pace 45 Jen		Light 45 Julie BP	Mid Pace 45 Rebecca			
9:15am	Circuit Michael	Circuit Asha	Circuit Julie BP	Circuit Emma	Circuit Matt	FX 45 Kristy P	
10:30am	Gentle 45 Emma	Light 45 Asha	Mid Pace 45 Julie BP	Light 45 Rebecca	Mid Pace 45 Matt		
11:30am					Gentle 45 Ronja/Asha		
2:30pm				Circuit Rebecca			
4:00pm						FX 45 Karina	Circuit Kristy P
4:30pm	Circuit Julie G	FX 45 Karen W	Circuit Matt	Circuit Matt	Circuit Michael/Kristy P		
5:45pm	Circuit Julie G	Circuit Karen W	Circuit Matt	FX 45 Matt			
7:00pm	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 - JULY

Aqua



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Power 45 Eve					
7:00am	Senior 45 Brigid		Senior 45 Noemi		Senior 45 Rebecca	Power 45 Barbara	
8:00am	Senior 45 Brigid	Senior 45 Tatiana	Senior 45 Tatiana	Senior 45 Brigid	Combo 45 Rebecca	Power Various	Power Rania
8:15am	Deep 45 Geri	Deep 45 Rebecca		Deep 45 Tatiana	Deep 45 Megan		
9:00am						Deep 45 Various	Deep 45 Rania
9:30am	Power Emma	Power Karen R	Interval Various		Power Karina		
9:30am	Deep 45 Jen	Deep 45 Emma	Deep 45 Judy	Deep 45 Megan	Deep 45 Rebecca		
10:30am	Gentle 45 Tatiana	Gentle 45 Karen R	Gentle 45 Judy	Gentle 45 Emma	Gentle 45 Rebecca		
10:30am	Deep 45 Geri		Deep 45 Karen R		Deep 45 Karina		
11:30am	Aqua Rehab Margaret		Aqua Rehab Margaret				
6:30pm		Power Jac	Power Karen R	Power Anghela			

• All classes are 55 minutes EXCEPT those indicated, which are 45min

SUTHERLAND LEISURE CENTRE

GROUP FITNESS TIMETABLE - JULY

Spin Studio



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	FS/RPM Deb		FS/RPM Karen W		FS/RPM Christie D		
6:00am		FS/RPM Lisa		FS/RPM Asha			
7:00am	FS/RPM Jen						
8:00am							FS/RPM 60 Barbara
8:15am	Gentle FS Brad		FS/RPM Keoni		Gentle FS Pam		
9:15am	FS/RPM Geri	FS/RPM Christie D	FS/RPM Deb	FS/RPM Brigid	FS/RPM Emma	FS/RPM Anghela	
4:30pm	FS/RPM Keoni						
5:15pm			FS/RPM Geri	FS/RPM Brad			
5:45pm	FS/RPM Karen W	FS/RPM Barbara					

FS = Freestyle class RPM = Les Mills Choreographed class

All spin classes are 45 minutes unless otherwise specified.