

ENGADINE LEISURE CENTRE

GROUP FITNESS TIMETABLE - OCTOBER

AEROBIC STUDIO



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.35AM					METAFIT 30 MITCH N	
5.45AM		POWER HOUR* CHRISTIE D	PUMP DEB			
6.05AM					METAPWR 30 MITCH N	
7.30AM						TRX 45 REBECCA H
8.15AM						PUMP LACHLAN D
8.30AM				BODY BALANCE DEB		
9.15AM			BEGINNERS TRX 45 KARINA			
9.30AM	PUMP CHRISTIE D	FX 45* KARINA	HIIT/TABATA 45 VARIOUS	POWER 45* KARINA	PUMP BRAD	BOXING BARBARA
	TRX 45 REBECCA H	YOGA REBECCA H				
10.30AM			BOXING ASHA			PILATES ANGHELA
		TRX 45 BRIGID				
10.45AM	PILATES JUDY			YOGA MEGAN	YOGA DON	
11.30AM		RHYTHM FIT BRIGID	GENTLE EX 45 ASHA			

AFTERNOON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			

Monday 7th October is a Public Holiday (NO CLASSES)

- 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

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SPIN & AQUA



SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM		F/S OR RPM EMMA W		F/S OR RPM DEB			
8.30AM						F/S OR RPM BARBARA	
9.30AM		F/S OR RPM BRIGID	F/S OR RPM ASHA				
10.30AM	F/S OR RPM CHRISTIE D						
6.15PM	F/S OR RPM ASHA		F/S OR RPM JEN H				

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM	DEEP 45 MEGAN		DEEP 45 REBECCA H		DEEP 45 JUDY		
8.30AM						DEEP 45 REBECCA H	

Monday 7th October is a Public Holiday (NO CLASSES)

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