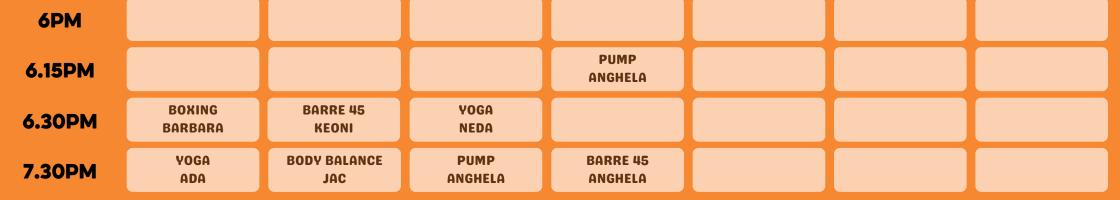
SUTHERLAND LEISURE CENTRE GROUP FITNESS TIMETABLE - OCTOBER AEROBIC STUDIO



	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 VARIOUS
8.15AM	BODY BALANCE EMMA W		PILATES JUDY				
9AM					METAFIT 30 BRIGID	BODY STEP GERI	PUMP KERRIE/LACHLAN D
9.15AM	BARRE 45 BRIGID	BODY STEP GERI	HIIT/TABATA 45 KEONI	PUMP JULIE G			
9.30AM					METAPWR 30 BRIGID		
10.15AM	HIIT MICHAEL	PUMP GERI	BODY BALANCE DEB			PUMP GERI	PILATES WINNIE
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 VARIOUS
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				



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

• 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.



LEISURE CENTRES

SUTHERLAND LEISURE CENTRE GROUP FITNESS TIMETABLE - OCTOBER CIRCUIT STUDIO



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	FX 45 JEN H	CIRCUIT 45 Karina	FX 45 MITCH C	CIRCUIT 45 KAREN W	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		

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/REBECCA H	CIRCUIT MICHAEL/KRISTY P		
5PM							
5.15PM							
5.45PM	CIRCUIT JULIE G	CIRCUIT KAREN W	CIRCUIT Matt	FX 45 MATT			
6PM							



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

• NEW Friday 11:30am Gentle Circuit with Pam & Asha

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 - OCTOBER 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					

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

All spin classes are 45 minutes EXCEPT those indicated as 60 minutes.



CENTRES

SUTHERLAND LEISURE CENTRE GROUP FITNESS TIMETABLE - OCTOBER AQUA STUDIO





EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30PM		POWER JAC	DEEP 45 KAREN R	POWER NATASHA			

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

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



LEISURE CENTRES