

# Group Class Timetable



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

5:45  
am

**STRENGTH**

Ben  
45 min



**KICKBOXING**

Holly  
45 min



**BOXING**

Holly  
45 min



**RENEGADE RX**

Ben  
45 min



7:00  
am

9:15  
am

**SPEED RX**

Mona  
30 min



**STRENGTH**

Mel  
45 min



**Low Impact**

9.15am  
Marilyn  
45min

**BOXING**

Joe  
45 min



10 am

**PILATES**

10:15 am

Marilyn  
60 min



**STRETCH & RELAX**

Marilyn  
60 min



**AQUA  
JO**  
10 am



**YOGA**

David  
60 min



**10:00 YOGA**

Ray  
60 min



5.00  
pm

**BIG LIFTS**

**Under 16s @ 5PM**

Joe  
45 min



SCHOOL TERM ONLY

**BIG LIFTS**

**Under 16s @ 5PM**

Joe/Isaac  
45 min



SCHOOL TERM ONLY

5:45  
pm



**YOGA**  
Marilyn  
60 min

**RENEGADE RX**

Functional Fitness

Joe  
45 min



**CRECHE HOURS**

Monday > Friday  
9:00 am - 11:00 am

**STAFFED HOURS**

Monday - Friday  
8:00 am to 6:00 pm  
Saturday - Sunday  
9:00 am to 12:00 pm