

TRIMESTER 1 GROUP EXERCISE TIMETABLE

Monday 17 February – Sunday 5 July 2020

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-------------|-----------------|-------------------|-----------------|-----------------|---------------|---------------|
| 7.00 AM | HIIT | YOGA | BEGINNER YOGA ● | HIIT | YIN YOGA | | |
| 9.30 AM | | | YOGA | 9.00 AM ZUMBA | | YOGA | |
| 12.00 PM | STRONG | PILATES | MEDITATION (FREE) | BEGINNER YOGA ● | CHICKFIT STRONG | 10.30 AM PUMP | 10.30 AM YOGA |
| 1.00 PM | PILATES | BEGINNER YOGA ● | PILATES | HIIT BOXING | YOGA | | 3.00 PM ZUMBA |
| 4.00 PM | PUMP | STRONG ◆ | | STEP ◆ | | | |
| 4.30 PM | | | 4.15 PM YOGA | | STEP | | |
| 5.00 PM | YOGA | ZUMBA | | POWER CARDIO | | | |
| 5.30 PM | | | 5.15 PM STRONG | | ZUMBA | | |
| 6.00 PM | HIIT BOXING | PUMP | | YOGA | | | |

Beginner's Class ●

30 Minute Express Class ◆

PIPITEA FITNESS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---------|-------------------|-----------------|----------|--------|
| 12.30 PM | PILATES | MEDITATION (FREE) | PILATES | HIIT ◆ | YOGA |
| 4.40 PM | | 5.10 PM HIIT ◆ | BEGINNER YOGA ● | | |
| 5.40 PM | YOGA | YOGA | PUMP | PILATES | |

A reduced timetable will be running from Monday 13th April – Sunday 26th April and Monday 29th June - Sunday 5 July. The classes printed in red **WILL NOT** be operating during these times.