

Monday

6.30am-7.00am	Sprint (virtual)
7.15am-7.45am	CORE (virtual)
9.00am-9.30am	Aqua Jog
9.15am-10.00am	BODYBALANCE (virtual)
9.45am-10.30am	Aqua Fit
9.30am-10.30am	BODYATTACK
9.45am-10.30am	TRIP
10.00am-10.45am	SH'BAM
10.45am-11.15am	CORE (CX)
11.00am-11.45am	Barre Concept
11.00am-12.00pm	BODYBALANCE
12.00pm-12.45pm	BODYPUMP Express
12.15pm-12.55pm	TRIP (virtual)
4.00pm-4.30pm	CORE (virtual)
5.30pm-6.15pm	BODYPUMP (virtual)
6.00pm-7.00pm	BODYCOMBAT
6.15pm-7.00pm	Group Cycling
6.30pm-7.30pm	Circuits
6.45pm-7.45pm	BODYBALANCE
7.15pm-8.00pm	Aqua Fit
7.30pm-8.30pm	BODYPUMP
7.30pm-8.15pm	TRIP
8.00pm-8.45pm	SH'BAM (virtual)
8.00pm-9.00pm	Yoga Vinyasa
8.05pm-8.50pm	Aqua Zumba
8.30pm-9.00pm	Sprint (virtual)

Tuesday

6.30am-7.15am	BODYPUMP Express
6.45am-7.25am	TRIP (virtual)
7.15am-8.00am	BODYBALANCE (virtual)
8.30am-9.15am	Aqua Fit
9.00am-9.30am	CORE (virtual)
9.30am-10.30am	BODYPUMP
9.45am-10.30am	TRIP
10.00am-11.00am	BODYCOMBAT
10.45am-11.30am	Box Fit
10.45am-11.30am	Pilates
11.15am-12.00pm	Forever Active
12.30pm-1.00pm	BODYATTACK (virtual)
2.15pm-3.15pm	BODYPUMP (virtual)
2.30pm-3.15pm	BODYBALANCE (virtual)
5.00pm-5.30pm	Sprint (virtual)

6.00pm-7.00pm	Body Conditioning
6.00pm-6.30pm	GRIT Athletic
6.15pm-7.00pm	Group Cycling
6.30pm-7.15pm	Fitness Yoga
6.30pm-7.00pm	H.I.I.T
6.45pm-7.45pm	LBT
7.15pm-8.15pm	BODYATTACK
7.30pm-8.15pm	TRIP
7.30pm-8.15pm	Pilates
8.00pm-9.00pm	Zumba
8.30pm-9.30pm	BODYBALANCE (virtual)

Wednesday

6.30am-7.00am	GRIT Athletic
6.30am-7.00am	CORE (virtual)
7.00am-8.00am	BODYCOMBAT (virtual)
7.15am-7.55am	TRIP (virtual)
9.00am-9.30am	Aqua Jog
9.15am-9.45am	BODYATTACK (virtual)
9.30am-10.30am	Zumba
9.45am-10.30am	Aqua Fit
9.45am-10.30am	Group Cycling
10.00am-11.00am	BODYBALANCE
10.45am-11.30am	Fitness Yoga
10.45am-11.15am	Core (CX)
11.15am-12.00pm	Forever Active
12.00pm-12.45pm	RPM (virtual)
12.30pm-1.00pm	GRIT Strength
2.00pm-2.45pm	BODYBALANCE (virtual)
2.00pm-3.00pm	BODYPUMP (virtual)
4.30pm-5.10pm	TRIP (virtual)
5.00pm-5.45pm	BODYPUMP (virtual)
5.00pm-5.30pm	Barre (virtual)
6.00pm-7.00pm	BODYPUMP
6.15pm-7.00pm	Fitness Yoga
6.15pm-7.00pm	Group Cycling
6.30pm-7.30pm	Circuits
6.45pm-7.15pm	CORE (CX)
7.15pm-8.00pm	Aqua Fit
7.30pm-8.15pm	BODYBALANCE
7.30pm-8.30pm	BODYCOMBAT
7.30pm-8.15pm	Group Cycling
8.30pm-9.00pm	Sprint (virtual)

Thursday

7.00am-7.30am	Group Cycling Express
7.00am-8.00am	BODYBALANCE (virtual)
7.15am-8.00am	BODYPUMP (virtual)
7.45am-8.25am	TRIP (virtual)
8.30am-9.15am	Aqua Fit
9.30am-10.00am	CORE (virtual)
9.30am-10.30am	BODYPUMP
9.45am-10.30am	Group Cycling
10.00am-10.30am	GRIT Strength
10.45am-11.45am	BODYCOMBAT
10.30am-11.15am	Clinical Pilates
10.45am-11.30am	Forever Active
11.30am-12.15pm	Clinical Pilates
12.15pm-1.00pm	BODYBALANCE Express
12.30pm-1.00pm	Sprint (virtual)
6.00pm-7.00pm	BODYATTACK
6.15pm-7.00pm	TRIP
6.45pm-7.45pm	Body Conditioning
7.15pm-8.00pm	Pilates
7.30pm-8.30pm	BODYBALANCE
7.45pm-8.25pm	TRIP (virtual)
8.00pm-9.00pm	BODYPUMP
8.30pm-9.00pm	CORE (virtual)

Friday

6.30am-7.00am	Group Cycling Express
7.00am-7.45am	Mat Based Pilates
7.00am-7.45am	SH'BAM (virtual)
8.00am-9.00am	BODYBALANCE (virtual)
9.00am-9.45am	Aqua Zumba
9.30am-10.00am	BODYPUMP Express
9.45am-10.30am	TRIP
10.00am-11.00am	Zumba
10.15am-10.45am	CORE (CX)
10.45am-11.30am	Fitness Yoga
11.00am-11.45am	LBT (mum and baby)
11.15am-12.00pm	Total Tone
12.30pm-1.00pm	GRIT Cardio
2.00pm-3.00pm	BODYPUMP (virtual)
2.30pm-3.15pm	BODYBALANCE (virtual)
5.00pm-6.00pm	BODYCOMBAT (virtual)

6.00pm-6.30pm	Barre (virtual)
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6.15pm-7.00pm	TRIP
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6.30pm-7.30pm	BODYPUMP
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7.45pm-8.30pm	RPM (virtual)
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Saturday

7.15am-8.00am	RPM (virtual)
7.30am-8.00am	Barre (virtual)
7.30am-8.15am	BODYBALANCE (virtual)
8.30am-9.15am	Box Fit
8.30am-9.30am	Zumba
8.45am-9.30am	TRIP
9.30am-10.30am	BODYCOMBAT
9.45am-10.30am	Group Cycling
9.45am-10.30am	SH'BAM
10.45am-11.45am	BODYBALANCE
10.45am-11.45am	BODYPUMP
12.00pm-1.00pm	BODYPUMP (virtual)
4.00pm-4.30pm	Sprint (virtual)
5.30pm-6.00pm	CORE (virtual)

Sunday

7.15am-8.00am	RPM (virtual)
8.00am-8.45am	SH'BAM (virtual)
9.00am-9.30am	GRIT Strength
9.30am-10.15am	Barre Concept
9.45am-10.15am	CORE (CX)
9.45am-10.30am	Group Cycling
10.30am-11.15am	Aqua Fit
10.45am-11.45am	BODYBALANCE
10.45am-11.45am	BODYPUMP
10.45am-11.30am	Junior Cycling
12.00pm-12.30pm	BODYATTACK (virtual)
3.00pm-3.40pm	TRIP (virtual)
5.00pm-6.00pm	BODYPUMP (virtual)