Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Body Pump	Body Balance	HIIT Workout	Body Balance	Body Pump		
9:15am				Body Pump	Chair Fitness Class (9:00am)	Body Pump	
9:30am	Body Balance	Power Bar	Yoga				
10:30am	Senior Circuits	Yoga	Senior Circuits	Body Balance	Senior Circuits	Yoga	Pilates
11:30am		Senior Strength		Senior Strength	Yoga	111	HI
4:00pm						Body Balance	
5:00pm			Yoga			1///	
6:00pm	Body Pump (5:50pm)	Power Bar (6:15pm)	Zumba	Zumba	Zumba		
7:00pm	Body Balance	Pilates	Pilates	Body Pump			
	9:15am 9:30am 10:30am 11:30am 4:00pm 5:00pm 6:00pm	6:00am Body Pump 9:15am Sody 9:30am Body Balance Senior 10:30am Senior 11:30am Senior 4:00pm Gody Pump 5:00pm Body Pump 6:00pm Body Pump 7:00pm Body Pump	6:00amBody PumpBody Balance9:15am	6:00amBody PumpBody BalanceHIT Workout9:15am	6:00amBody PumpBody BalanceHIIT WorkoutBody Balance9:15am	6:00amBody PumpBody BalanceHIIT WorkoutBody BalanceBody Pump9:15amImage: Second StrengthImage: Second StrengthImage: Second StrengthImage: Second StrengthImage: Second Strength9:30amBody BalancePower BarYogaSecond StrengthImage: Second StrengthImage: Second Strength10:30amSecond StrengthYogaSecond StrengthSecond StrengthSecond StrengthYoga11:30amSecond StrengthSecond StrengthSecond StrengthYogaImage: Second StrengthYoga10:30amSecond StrengthImage: StrengthYogaSecond StrengthYogaImage: Strength11:30amSecond StrengthImage: StrengthYogaImage: StrengthYoga10:00pmSecond StrengthYogaImage: StrengthImage: StrengthImage: Strength10:00pmBody PumpPower Bar (6:15pm)ZumbaZumbaZumba	6:00amBody PumpBody BalanceHIT WorkoutBody BalanceBody Pump9:15am

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am			Aqua		Aqua		
	12:15pm	Aqua	Aqua (1:15pm)	Aqua	Aqua			

Connect 30 / Air Gym		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Aerobic (Air Gym & C30)	Strength (Air Gym & C30)	Functional (Air Gym & C30)	Aerobic (C30)	Strength (Air Gym & C30)		
	8:00am						Functional (Air Gym & C30)	Functional (C30)
	11:30am	Rowing		Rowing		Strength (C30)		
	4:00pm		Teen		Teen			
	6:00pm	Aerobic (C30)	Strength (C30)	Functional (C30)				
	6:30pm		Strength (Air Gym)		Aerobic (Air Gym)			

STROMLO

LEISURE CENTRE

