

GROUP FITNESS TIMETABLE - VIRTUAL

17/09/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	GFS BODYPUMP 30 minutes	GFS RPM 45 minutes	GFS BODYPUMP 60 minutes		GFS RPM 45 minutes		
7am							
7.15am		GFS CXWORX 30 minutes			GFS BODYPUMP 30 minutes		
8am	GFS CXWORX 30 minutes						
8.20am						GFS BODYCOMBAT Intro 5 minutes	GFS BODYPUMP Intro 5 minutes
8.30am						GFS BODYCOMBAT 60 minutes	GFS BODYPUMP 60 minutes
8.45am				GFS BODYPUMP 60 minutes			
9.15am		GFS BODYPUMP 30 minutes					
9.45am							
10.50am			GFS BODYPUMP Intro 5 minutes				
11am			GFS BODYPUMP 60 minutes				
11.10am		GFS BODYCOMBAT 60 minutes		GFS BODYPUMP 45 minutes	GFS BODYPUMP 60 minutes		
12.15pm					GFS BODYBALANCE strength 30 minutes		
12.45pm						GFS SH'BAM 45 minutes	
1pm							GFS SH'BAM 45 minutes
1.15pm	GFS SH'BAM 45 minutes		GFS BODYCOMBAT 30 minutes				
1.30pm				GFS BODYPUMP 60 minutes			
2.15pm	GFS BODYPUMP 30 minutes						GFS BODYCOMBAT 30 minutes
2.30pm		GFS BODYBALANCE 60 minutes			GFS CXWORX 30 minutes	GFS BODYPUMP 30 minutes	
2.45pm	GFS CXWORX 30 minutes			GFS SH'BAM 45 minutes			
3pm						GFS CXWORX 30 minutes	GFS CXWORX 30 minutes
3.15pm					GFS BODYPUMP 60 minutes		
3.40pm	GFS BODYPUMP 55 minutes	GFS CXWORX 30 minutes					
4.45pm	GFS SH'BAM 45 minutes	GFS BODYCOMBAT 30 minutes		GFS CXWORX 30 minutes			GFS BODYBALANCE 60 minutes
6.45pm					GFS BODYPUMP 45 minutes		
7.45pm				GFS BODYBALANCE 60 minutes			
8pm	GFS BODYBALANCE strength 30 minutes		GFS BODYPUMP 30 minutes				
8.30pm	GFS BODYBALANCE flexibility 30 minutes		GFS CXWORX 30 minutes				
8.45pm		GFS BODYBALANCE 60 minutes					

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	CRS Cycling 45 minutes BS Boxing 45 minutes	O Run fit 45 minutes WS Yoga 45 minutes	CRS Cycling 45 minutes TD 500s circuit 45 minutes	TD HIIT 30 minutes ** WS Pilates 45 minutes	TD KBT intro 45 minutes		
6.50am				TD TRX express 30 minutes *			
7.05am			TD Mobility 15 minutes CRS Reformer novice 45 minutes		TD Mobility 15 minutes		
8.30am						CRS Cycling 45 minutes	
9am		TD Prime 55 minutes		TD Prime 55 minutes			WS Pilates 45 minutes
9.15am						TD HIIT + core 45 minutes **	TD HIIT + core 45 minutes **
9.30am			GFS Zumba gold 45 minutes			WS Pilates 45 minutes	
9.45am						GFS BODYPUMP 55 minutes	
10am	GFS Yoga 55 minutes	TD Prime 55 minutes GFS Yoga 55 minutes		TD Prime 55 minutes GFS Yoga 55 minutes	PP Water workout 45 minutes		CRS Cycling 45 minutes GFS Yoga 90 minutes
10.15am			PP Water workout 45 minutes				
10.30am						CRS Reformer novice 45 minutes WS Yoga 55 minutes	
11am			PP Water workout 45 minutes				
11.10am	GFS BODYPUMP 55 minutes						
11.30am						GFS Yoga 55 minutes CRS Reformer int/adv 45 minutes *	
12.15pm	TD Gymstick core 45 minutes	TD Tabata circuit 30 minutes **	GFS Yoga 45 minutes	BS Boxing 40 minutes GFS Gymstick Core 45 minutes	TD 500s circuit 45 minutes		
1pm	TD 500s circuit 45 minutes	GFS Zumba toning 45 minutes TD ViPR 30 minutes	TD Time circuit 45 minutes **	TD TRX 45 minutes *	GFS Zumba 45 minutes		
1.15pm	PP Water workout 45 minutes						
4pm						GFS Zumba 45 minutes	TD Tabata circuit + mobility 60 minutes **
5.30pm	WS Yogalates 50 minutes	TD KBT intro 30 minutes WS Yogalates 50 minutes	TD HIIT 30 minutes **		GFS Yoga 55 minutes		
5.40pm		GFS BODYPUMP 55 minutes	GFS Yoga 60 minutes	GFS BODYPUMP 55 minutes			
5.45pm	CRS RPM 45 minutes GFS Zumba 45 minutes	CRS RPM 45 minutes PP Water workout 45 minutes	WS Pilates 45 minutes	TD HIIT + mobility 45 minutes ** BS Kickboxing 55 minutes **			
6pm	TD TRX 45 minutes * LP Swim squad 55 minutes	TD KBT 45 minutes *	PP Water workout 45 minutes		LP Swim squad 55 minutes		
6.15pm			TD KBT express 30 minutes *				
6.45pm	BS Boxing 45 minutes GFS BODYPUMP 55 minutes CRS Reformer int/adv 45 minutes *	BS Boxing 45 minutes GFS Gymstick core 45 minutes CRS Reformer novice 45 minutes	BS Boxing 45 minutes GFS Zumba 45 minutes	WS Yoga 55 minutes GFS Zumba 45 minutes CRS Reformer int/adv 45 minutes *			
7.30pm		GFS Yoga 55 minutes					