

GROUP FITNESS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GLASS HOUSE (MAIN GROUP FITNESS STUDIO)

HOT HOUSE (CYCLE STUDIO)

POOL

6.30 am (60 mins)	LESS MILLS BODYPUMP Tim	UBOUND Brookey (45mins)	LESS MILLS BODYCOMBAT Kelly (45mins) !		LESS MILLS BODYPUMP Tim	
7.00 am		Zumba Gitana (7:15 - 45mins)		PILATES Suzie		
7.00 am (30 mins)	POWER PLATE Cardio	POWER PLATE Free FORM	POWER PLATE Strength	POWER PLATE Free FORM	POWER PLATE Cardio	
7.30 am (45 mins)	HARDCORE Tim		ABT Vi		HARDCORE Tim	
9.30 am (55 mins)						LESS MILLS BODYPUMP Stephanie
10.30 am (55 mins)						LESS MILLS BODYBALANCE Natalie /Mary
12.00 pm (45 mins)	CIRCUIT Dorin	HARDCORE Erin	Zumba Simone	LESS MILLS BODYPUMP Dini	LESS MILLS BODYCOMBAT Michael H	
12.45 pm (45 mins)	LESS MILLS BODYATTACK Carolyn	LESS MILLS BODYPUMP Alex (12:30 - 55mins)	BOXING Billy	LESS MILLS BODYSTEP Ritsuko	Zumba Gitana	
1.00 pm (30 mins)	POWER PLATE Strength	POWER PLATE Cardio	POWER PLATE Free FORM	POWER PLATE Cardio	POWER PLATE Free FORM	
1.30 pm (45 mins)	YOGA Robbie	PILATES Chris P	LESS MILLS BODYBALANCE Vi	YOGA Chris J	LESS MILLS BODYBALANCE Gitana (45mins)	
5.00 pm (30 mins)						
5.30 pm (45 mins)	LESS MILLS BODYPUMP Mike/Rach	LESS MILLS BODYSTEP Taro	UBOUND Brookey	ZUMBA Maira	LESS MILLS BODYPUMP Lee	
6.00 pm (30 mins)	POWER PLATE Free FORM	POWER PLATE Strength	POWER PLATE Cardio	POWER PLATE Strength	POWER PLATE Strength	
6.20 pm (55 mins)	LESS MILLS BODYATTACK Sherelle	BOXING Michael H	LESS MILLS BODYPUMP Stephanie	LESS MILLS BODYCOMBAT Paul		
7.15 pm (55 mins)	LESS MILLS BODYBALANCE Natalie	YOGA Natalie (Intermediate)	KUNG FU Craig (FREE CLASS)	KUNG FU Craig (FREE CLASS)		
7.00 am (45 mins)				CYCLE Tim		
8.30 am (60 mins)						CYCLE Laura H
12.30 pm (45 mins)	LESS MILLS RPM Brookey	CYCLE Erin	LESS MILLS RPM Brookey	LESS MILLS RPM Erin	LESS MILLS RPM Rhiannan	
6.00 pm (15 mins)						
6.15 pm (45 mins)	CYCLE Erin	CYCLE Tim	LESS MILLS RPM Brookey			
6.00 pm (45 mins)		AQUA Hamish				
6.30 pm (45 mins)				AQUA Inga		

This Month

Like Us on
facebook.com/LivingWellSydney
to learn about what's happening
in the Club

! Class subject to change

Schedule Changes:

23/12/11 - 27/12/11 No classes
28/12/11 - 30/12/11 Limited classes
30/12/11 - 8/1/12 No classes

Timetable returns
to normal 9/1/12

Xmas Marathons:
Dec 10th and 12th

Happy Holidays! Have a fabulous
and restful break