

# GROUP FITNESS TIMETABLE

MONDAY - SUNDAY 6.00AM - 7.15PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 AM	BODY PUMP - GLENFIELD	RPM - 60 MINS - GLENFIELD		RPM - 60 MINS - GLENFIELD MARTIAL FITNESS - GLENFIELD			
6.15 AM		RPM - EAST COAST BAYS	GROUP STRENGTH PLUS - GLENFIELD	RPM - EAST COAST BAYS	GROUP STRENGTH PLUS - GLENFIELD		
8.15 AM						BODY PUMP - GLENFIELD BODY PUMP - EAST COAST BAYS	
8.30 AM						RPM - 60 MIN - GLENFIELD	
9.00 AM		GROUP STRENGTH PLUS - CORE - GLENFIELD		GROUP STRENGTH - GLENFIELD			
9.15 AM	BODY STEP - GLENFIELD RPM - 50 MINS - GLENFIELD YOGA - GLENFIELD BODY ATTACK - EAST COAST BAYS	BODY ATTACK - GLENFIELD BODY STEP - EAST COAST BAYS	BODY PUMP - GLENFIELD YOGA - 1.5 HOURS - GLENFIELD RPM 50 MIN - GLENFIELD BODY COMBAT - EAST COAST BAYS	BODY ATTACK - GLENFIELD BODY STEP - EAST COAST BAYS	BODY PUMP - GLENFIELD YOGA - GLENFIELD BODY ATTACK - EAST COAST BAYS	BODY STEP - GLENFIELD BODY VIVE - GLENFIELD BODY STEP - EAST COAST BAYS	BODY ATTACK- GLENFIELD
10.00 AM						GROUP STRENGTH - GLENFIELD BOXING - GLENFIELD	PILATES EVOLVED - GLENFIELD
10.15 AM	GROUP STRENGTH PLUS - GLENFIELD			BODY VIVE ACTIVE SENIORS - GLENFIELD		BODY ATTACK - GLENFIELD	BODY STEP - GLENFIELD
10.30 AM	BODY PUMP - GLENFIELD PILATES ACTIVESENIORS - GLENFIELD BODY PUMP- EAST COAST BAYS	BODY VIVE - GLENFIELD PILATES MIXED LEVEL - GLENFIELD SENIOR MOVEMENT - EAST COAST BAYS	BODYSTEP - GLENFIELD BODY BALANCE - EAST COAST BAYS	PILATES - MIXED LEVEL - GLENFIELD SENIOR MOVEMENT - EAST COAST BAYS	BUMS & TUMS - GLENFIELD BODY VIVE - GLENFIELD BODY PUMP - EAST COAST BAYS	BODY BALANCE - EAST COAST BAYS	
11.15 AM						BODY BALANCE - GLENFIELD	BODY BALANCE - GLENFIELD
3.30 PM		B BOP - TERM CLASS - GLENFIELD		CHEERLEADING - TERM CLASS - GLENFIELD	B BOP - TERM CLASS - EAST COAST BAYS	BODY JAM - TECH - GLENFIELD	
4.00 PM						BODY COMBAT - GLENFIELD BODY JAM - GLENFIELD	BODY PUMP - GLENFIELD
4.15 PM	BODY PUMP - GLENFIELD	BEGINNER CHEERLEADING - TERM CLASS - GLENFIELD	BODY PUMP - GLENFIELD	HIP HOP - TERM CLASS - GLENFIELD	HIP HOP - TERM CLASS - EAST COAST BAYS		
5.00PM						BODY PUMP - GLENFIELD	
5.15 PM	BODY STEP - GLENFIELD	BODY PUMP - GLENFIELD BODY JAM - EAST COAST BAYS	BODY COMBAT - GLENFIELD BODY PUMP - EAST COAST BAYS	BODY JAM - GLENFIELD	BODY ATTACK - GLENFIELD		
5.30 PM				PILATES EVOLVED - GLENFIELD	BODY STEP - EAST COAST BAYS		
6.00 PM	RPM 60 MIN - GLENFIELD MARTIAL FITNESS - GLENFIELD	RPM 60 MIN - GLENFIELD BOXING - GLENFIELD		RPM 60 MIN - GLENFIELD BOXING - GLENFIELD			
6.15 PM	BODY ATTACK - GLENFIELD BODY BALANCE - GLENFIELD BODY ATTACK - EAST COAST BAYS	BODY STEP - GLENFIELD YOGA - GLENFIELD BODY STEP - EAST COAST BAYS YOGA - EAST COAST BAYS	BODY ATTACK - GLENFIELD BODY ATTACK - EAST COAST BAYS	BODY COMBAT - GLENFIELD YOGA - GLENFIELD BODY STEP - EAST COAST BAYS	BODY PUMP- GLENFIELD		
6.30 PM	GROUP STRENGTH PLUS - CORE - GLENFIELD	PILATES EVOLVED - GLENFIELD		GROUP STRENGTH PLUS - CORE - GLENFIELD	BODY PUMP - EAST COAST BAYS		
7.15 PM	BODY PUMP- GLENFIELD BODY PUMP - EAST COAST BAYS	BODY COMBAT - GLENFIELD BODY COMBAT - EAST COAST BAYS	BUMS & TUMS - GLENFIELD BODY BALANCE - GLENFIELD BODY VIVE - EAST COAST BAYS	BODY STEP - GLENFIELD BODY BALANCE - EAST COAST BAYS			