

HIGH INTENSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am Body Pump Jen	11.00am Zumba Belinda	09.30am Groove Paris	9.30am Circuit HIIT Sophie	9:30am Body Pump Amanda		
7.30pm Zumba Larissa	5:30pm Body Pump KL	6.30pm Zumba Larissa	7.00pm Barre Fusion Catriona			

MIND / BODY

9.30am Body Balance May	9.30am BodyArt Jacqui	9.30am Pilates Zoe	10.30am Yoga Suze	11.00am Yoga Sasha	9.30am Yoga Claire	11.00am Body Balance Jacqui
10.30am Gentle Yoga Susie	6.00pm Pilates Zoe	10.30am Gentle Yoga Sasha	11.30pm Pilates Zoe	12.30pm Pilates Zoe	10.30am Yoga Kristian	
11.30am Yin Yoga Susie		6.00pm Body Balance Jacqui		6.00pm Gentle Yoga Claire	12.00pm Pilates Zoe	
		7.00pm Yoga Suze				

Hawthorn Aquatic and Leisure Centre Group Fitness Timetable 22 June-5 July

CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am Cycle Kanella	9.30am Cycle Kanella	6:30am Cycle Mel			8:30am Cycle Denise	9:30am Cycle Emily
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PRYME

	1:30pm Pryme for Seniors Sue		8.30am Pryme Circuit Tom	10.00am Pryme Active Sue		

Aqua

8.00am Deep Water Running Robyn	9.00am Deep Water Running Kaz	9.00am Deep Water Running Kaz	8.00am Deep Water Running Robyn	9.00am Deep Water Running Kaz	10.00am Deep Water Running Kaz	
9.00am Deep Water Running Kaz	11.00am Aqua Aerobics Simona	12.00pm Gentle Water Exercise Simona				
11.00am Gentle Water Exercise Simona	12.00pm Gentle Water Exercise Aymee	1.00pm Aqua Aerobics Simona				