	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH INTENSITY	6.15am	6.15am	6.15am	6.15am	6:15am	8.00am	8.30am
	Body Pump	Strength	Body Pump	Body Attack	Metcon	Metcon	Body Art
	Jen	Nana	Jamie B/Jen	Elisa H	Nana	Tom J	Jacqui
	6.15am	9.30am	6.15am		9.30am	8.30am	9.00am
	Metcon	Body Step	Metcon		Metcon	Body Step	Strength
	Nana	Sally	Nana K		Nana		Nana
	9.30am	9.30am	9.30am	9.30am		9.00am	9.30am
	Metcon	Kettlebell	Metcon	Total Tone		Metcon	Body Pump
主	Sophie		Tom	Jacqui		Tom J	Zoe/Julie
	10.15am	10.50am	9.30am	9.30am		9.30am	10.45am
	Ladies	Zumba	Body Step	Kettlebell		Body Pump	Boxing
	Sophie	Belina/Kate	Liz	Kanella		Jamie/Sara	Tom/Radu
	5.30pm	5.30pm	5.30pm	5.30pm		9.30am	
	Boxing	Body Pump	Boxing	Body Pump		Strength	
	Kanella T	KL	Tom	Zoe		Tom J	
	5.45pm	6.30pm	5.45pm	5.45pm			
	Metcon	Body Attack	Strength	Metcon			
	Tom	Elisa	Nana K				
	6.30pm	6.30pm	6.30pm	6.30pm			
	Body Pump	Strength	Metcon	Zumba			
	Dianne D	Tom	Nana K	Larissa			
	7.30pm		6.30pm				
	Zumba		Zumba				
	Larissa		Morella O				
				THURSDAY	FRIDAY	SATURDAY	
	MONDAY	THECDAY	WEDNESDAY				CHMDVA
	MONDAY	TUESDAY	WEDNESDAY				SUNDAY
	9.30am	9.30am	9.30am	10.00am	11.00am	9.30am	9.00am
	9.30am Body Balance	9.30am Body Art	9.30am Yoga	10.00am Int Yoga	11.00am Yoga	9.30am Yoga	9.00am Int Yoga
	9.30am Body Balance May Y	9.30am Body Art Jacqui	9.30am Yoga Sasha L	10.00am Int Yoga Suze M	11.00am Yoga Suzie	9.30am Yoga Claire N	9.00am Int Yoga Aileen
dy	9.30am Body Balance May Y 10.30am	9.30am Body Art Jacqui 10.30am	9.30am Yoga Sasha L 10.30am	10.00am Int Yoga Suze M 11.00am	11.00am Yoga Suzie 12.30pm	9.30am Yoga Claire N 10.30am	9.00am Int Yoga Aileen 10.45am
3ody	9.30am Body Balance May Y 10.30am Gentle Yoga	9.30am Body Art Jacqui 10.30am Body Balance	9.30am Yoga Sasha L 10.30am Pilates	10.00am Int Yoga Suze M 11.00am Pilates	11.00am Yoga Suzie 12.30pm Pilates	9.30am Yoga Claire N 10.30am Yoga	9.00am Int Yoga Aileen 10.45am Body Balance
d Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie	9.30am Body Art Jacqui 10.30am Body Balance Jacqui	9.30am Yoga Sasha L 10.30am Pilates Sue W	10.00am Int Yoga Suze M 11.00am Pilates Catriona	11.00am Yoga Suzie 12.30pm Pilates Zoe	9.30am Yoga Claire N 10.30am Yoga Kristian H	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui
nd Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm
l and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm Pilates	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm Int Yoga	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm Gentle Yoga	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm Pilates	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm Yoga
nd and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga Sasha/Susie	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro Susie	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm
Aind and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga Sasha/Susie 6.00pm	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm Pilates	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro Susie 6.00pm	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm Int Yoga	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm Gentle Yoga	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm Pilates	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm Yoga
Mind and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga Sasha/Susie 6.00pm Body Balance	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm Pilates	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro Susie	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm Int Yoga	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm Gentle Yoga	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm Pilates	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm Yoga
Mind and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga Sasha/Susie 6.00pm Body Balance Marketa	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm Pilates	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro Susie 6.00pm	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm Int Yoga	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm Gentle Yoga	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm Pilates	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm Yoga
Mind and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga Sasha/Susie 6.00pm Body Balance Marketa 7.00pm	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm Pilates	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro Susie 6.00pm Body Balance	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm Int Yoga	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm Gentle Yoga	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm Pilates	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm Yoga
Mind and Body	9.30am Body Balance May Y 10.30am Gentle Yoga Sasha/Susie 11.30am Yin Yoga Sasha/Susie 6.00pm Body Balance Marketa	9.30am Body Art Jacqui 10.30am Body Balance Jacqui 6.00pm Pilates	9.30am Yoga Sasha L 10.30am Pilates Sue W 12.00pm Dance for Neuro Susie 6.00pm Body Balance Jamie	10.00am Int Yoga Suze M 11.00am Pilates Catriona 6.00pm Int Yoga	11.00am Yoga Suzie 12.30pm Pilates Zoe 6.00pm Gentle Yoga	9.30am Yoga Claire N 10.30am Yoga Kristian H 12.00pm Pilates	9.00am Int Yoga Aileen 10.45am Body Balance Anna/Jacqui 4.30pm Yoga

Hawthorn Aquatic and Leisure Centre Group Fitness Timetable 18th - 24th January 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE	6.15am Cycle Kanella T 9.30am Cycle Denise	9.30am Cycle Kanella T 6.30pm Cycle Sue W	6.15am Cycle Mel M 6.00pm Virtual Cycle	6.00pm Cycle Kanella		8.30am Cycle Peter D	9.30am Cycle Emily/Sue W
PRYME	11.30am Pryme Strength Tom	12.00pm Pryme Strength Sue H 1.30pm Pryme for Seniors Sue H	8.00am Pryme Gym Tom	8.30am Pryme Circuit Tom J	10.00am Pryme Active Sue W 11.00am Pryme Dance Catriona M		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua	6.00am Squad Jill 7.30am Deep Water Running Robyn 9.00am DW Aqua Kaz 12.00pm GWE Aymee 6.30pm Squad Michael	9.00am Deep Water Running Kaz 11.45am GWE	6.00am Squad Jill 9.00am Deep Water Running Kaz 11.45am GWE Aymee 6.30pm Swim Squad Michael	7.30am Deep Water running Robyn 11.45am Aqua Aerobics Mel M	6.00am Squad John 8.15am Aqua Aerobics Mel 9.00am DW Aqua Kaz	7.00am Squad John 9.45am Deep Water Running Mel	
Functional	MONDAY	TUESDAY 6:00am Run Group John 10:30am	WEDNESDAY	6.00am Run Group John	FRIDAY	SATURDAY	SUNDAY
3		Groove Clau	Bare Fusion Jacqui				