

HIGH INTENSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am Body Pump Jen	6.15am Strength Nana	6.15am Body Pump Jamie B/Jen	6.15am Body Attack Elisa H	6.15am Metcon Nana	8.00am Metcon Tom J	8.30am Body Art Jacqui
6.15am Metcon Nana	9.30am Body Step Sally	6.15am Metcon Nana K		9.30am Metcon Nana	8.30am Body Step	9.00am Strength Nana
9.30am Metcon Sophie	9.30am Kettlebell	9.30am Metcon Tom	9.30am Total Tone Jacqui		9.00am Metcon Tom J	9.30am Body Pump Zoe/Julie
10.15am Ladies Sophie	10.50am Zumba Belina/Kate	9.30am Body Step Liz	9.30am Kettlebell Kanella		9.30am Body Pump Jamie/Sara	10.45am Boxing Tom/Radu
5.30pm Boxing Kanella T	5.30pm Body Pump KL	5.30pm Boxing Tom	5.30pm Body Pump Zoe		9.30am Strength Tom J	
5.45pm Metcon Tom	6.30pm Body Attack Elisa	5.45pm Strength Nana K	5.45pm Metcon			
6.30pm Body Pump Dianne D	6.30pm Strength Tom	6.30pm Metcon Nana K	6.30pm Zumba Larissa			
7.30pm Zumba Larissa		6.30pm Zumba Morella O				

Mind and Body

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
10.30am Gentle Yoga Sasha/Susie	10.30am Body Balance Jacqui	10.30am Pilates Sue W	11.00am Pilates Catriona	12.30pm Pilates Zoe	10.30am Yoga Kristian H	10.45am Body Balance Anna/Jacqui
11.30am Yin Yoga Sasha/Susie	6.00pm Pilates Zoe	12.00pm Dance for Neuro Susie	6.00pm Int Yoga Aileen	6.00pm Gentle Yoga Claire	12.00pm Pilates Catriona	4.30pm Yoga Susie M
6.00pm Body Balance Marketa		6.00pm Body Balance Jamie				
7.00pm Yoga (Int-Adv) Sasha		7.00pm Vinyasa Yoga Sasha L				

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

CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am Cycle Kanella T	9.30am Cycle Kanella T	6.15am Cycle Mel M	6.00pm Cycle Kanella		8.30am Cycle Peter D	9.30am Cycle Emily/Sue W
9.30am Cycle Denise	6.30pm Cycle Sue W	6.00pm Virtual Cycle				

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		
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Aqua

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am Squad Jill	9.00am Deep Water Running Kaz	6.00am Squad Jill	7.30am Deep Water running Robyn	6.00am Squad John	7.00am Squad John	
7.30am Deep Water Running Robyn	11.45am GWE	9.00am Deep Water Running Kaz	11.45am Aqua Aerobics Mel M	8.15am Aqua Aerobics Mel	9.45am Deep Water Running Mel	
9.00am DW Aqua Kaz		11.45am GWE Aymee		9.00am DW Aqua Kaz		
12.00pm GWE Aymee		6.30pm Swim Squad Michael				
6.30pm Squad Michael						

Functional

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am Run Group John 10.30am Groove Clau	10.30am Bare Fusion Jacqui	6.00am Run Group John			