

NEW

Group Fitness Timetable

New entry rules to be aware of

BOOK

Bookings are required



Classes will commence 5 minutes after the advertised time. This is to support your safe entry through our new check-in process and into your class. No late entry will be permitted.



Use the hand sanitiser before and after the class



Bring your own water bottle and towel



Bring your own exercise mat

TIME	MON	TUES	WED	THURS	FRI	SAT	SAT
			5.45am HIIT			7.45am PILATES	
8.15am	ACTIVE MOVERS		YOGA		8.30am AQUA	9.00am BARRE	9.00am PILATES & STRETCH
9.30am	PILATES	KETTLEBELL	YOGA	PILATES	BOOT CAMP	9.15am AQUA	
9.30am	RELENTLESS		RELENTLESS	RELENTLESS			
9.45am			AQUA	AQUA			
10.45am	WELLNESS	PILATES	BARRE	BARRE	PILATES		10.15am BARRE
1.00pm	ACTIVE MOVERS	ACTIVE AQUA	ACTIVE MOVERS	ACTIVE AQUA			
5.15pm	PILATES		HIIT	PILATES			
6.30pm	YOGA	ZUMBA	STRENGTH AND TONE	BARRE			
7.45pm		YOGA	YOGA				

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**LEISURE
FACILITIES**


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The Green Wedge Shire