

# Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05AM			Virtual BODYPUMP 45min				
5:15AM					Virtual BODYPUMP 30min		
5:25AM	PARC HIIT 30min	GRIT STRENGTH 30min		BODYPUMP 30min			
6:00AM	BODYPUMP 60min	GRIT STRENGTH 30min	Boxing 60min	GRIT STRENGTH 30min	PARC HIIT 45min		
6:35AM		GRIT CARDIO 30min		GRIT CARDIO 30min			
7:10AM	Virtual BODYCOMBAT 60min		Virtual GRIT STRENGTH 30min		Virtual BODYBALANCE 30min	GRIT STRENGTH 30min	Virtual GRIT CARDIO 30min
7:30AM		Virtual BODYPUMP 45min		Virtual CX WORX 30min			
7:45AM			Virtual BODYBALANCE 30min		Virtual GRIT CARDIO 30min	CX WORX 30min	Boxing 45min
8:20AM						BODYATTACK 45min	
8:45AM	CX WORX 30min	CX WORX 30min	CX WORX 30min	PARC HIIT 30min	CX WORX 30min		BODYATTACK 45min
9:25AM	BODYPUMP 60min	BODYSTEP 60min	Zumba 60min	BODYATTACK 60min	BODYPUMP 60min	BODYPUMP 60min	BODYPUMP 60min
10:30AM						STRONG by Zumba 45min	Virtual BODYCOMBAT 60min
10:45AM	BODYSTEP 45min	BODYPUMP 45min	PARC HIIT 45min	BODYPUMP 60min	Zumba 45min		
11:35AM	PARC HIIT 30min	Core 30min	BODYPUMP 30min			Virtual GRIT BEGINNER 30min	
12:10PM	STRONG by Zumba 60min	PARC Movers 60min	Boxing 60min	PARC Movers 60min	Virtual GRIT STRENGTH 30min	Virtual SH'BAM 45min	Virtual BODYPUMP 45min
12:45PM					Virtual GRIT CARDIO 30min		
1:15PM	Virtual BODYPUMP BEG. 25min		Virtual SH'BAM 45min	Virtual CX WORX 30min		Virtual BODYPUMP BEG. 25min	Virtual CX WORX 30min
3:15PM	Virtual BODYBALANCE 30min	Virtual GRIT CARDIO 30min	Virtual BODYPUMP 45min	Virtual BODYBALANCE 30min	Virtual BODYPUMP 45min	Virtual CX WORX 30min	Virtual SH'BAM 45min
4:10PM		PARC Kids 45min	Virtual BODYBALANCE 30min	PARC Kids 45min	Virtual CX WORX 30min	Virtual BODYCOMBAT 60min	Virtual GRIT CARDIO 30min
4:15PM	BODYPUMP 60min						
5:00PM	CX WORX 30min	BODYSTEP 45min	GRIT STRENGTH 30min	Boxing 45min			BODYPUMP 60min
5:35PM	BODYATTACK 45min		BODYATTACK 45min		BODYPUMP 45min	Virtual GRIT BEGINNER 30min	
5:55PM		BODYPUMP 60min		STRONG 30 30min			
6:15PM						Virtual GRIT PLYO 30min	Virtual CX WORX 30min
6:30PM	BODYPUMP 60min		SH'BAM 45min	BODYATTACK 30min			
7:05PM		PARC HIIT 45min		BODYPUMP 30min	Virtual GRIT STRENGTH 30min		
7:40PM	PARC HIIT 45min		BODYPUMP 60min		Virtual BODYCOMBAT 60min		
7:50PM		Boxing 60min Pru		Zumba 60min			

Studio One

# Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Barre 60min	BODYBALANCE 60min	Reformer 60min	Yogalates 60min	INTRO Reformer 60min		
7:10AM	BODYBALANCE 45min		Barre Reformer 60min	Reformer 60min	Reformer 60min	Barre 60min	
8:10AM					Reformer 60min		
8:15AM							Yoga 60min
8:20AM						PARC HIIT 45min	Vinyasa Yoga 60min
8:30AM		Yin Yoga 45min	Warm Vinyasa Yoga 45min				
8:45AM	Meditation 30min						
9:25AM	BODYBALANCE 60min	Vinyasa Yoga 60min	Barre 60min	Mat Pilates 60min	BODYBALANCE 60min	Mat Pilates 60min	Vinyasa Yoga 60min
10:30AM						Reformer 60min	Meditation 30min
10:45AM	Barre 45min	Barre Reformer 60min	BODYBALANCE 60min	BODYBALANCE 60min	Yin Yoga 60min		
11:35AM	CX WORX 30min					Reformer 60min	BODYBALANCE 60min
12:00PM			Beginner Yoga 60min	Hatha Yoga 60min			
12:10PM	Reformer 60min	Reformer 60min			Barre Reformer 60min		
12:35PM						Reformer 60min	
1:10PM	Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min		
1:35PM						Reformer 60min	
2:15PM	Yoga 45min		Barre Reformer 60min	Reformer 60min			
2:20PM		Tai Chi 45min					
2:35PM						INTRO Reformer 60min	
4:00PM	Reformer 60min					BODYBALANCE 60min	
5:00PM	Reformer 60min		Barre 30min				
5:35PM		CX WORX 30min	CX WORX 30min	Barre 30min			
6:10PM	Mat Pilates 60min	BODYBALANCE 60min	BODYBALANCE 60min	Mat Pilates 60min			
6:30PM					BODYBALANCE 60min		
7:15PM	Vinyasa Yoga 60min	Barre 30min	Reformer 60min	Yin Yoga 60min			
7:50PM		Reformer 60min					
8:20PM	Meditation 30min		Barre 30min	Meditation 30min			

Studio Two

# Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM	Virtual RPM 30min	Virtual SPRINT 30min	SPRINT 30min	Virtual SPRINT 30min	Virtual RPM 30min		
6:00AM	SPRINT 30min	RPM 45min	SPRINT 30min	RPM 45min	RPM 45min		
6:35AM	SPRINT 30min						
7:10AM		Virtual RPM 45min	Virtual RPM 45min	Virtual RPM 45min	Virtual RPM 45min		Virtual RPM 45min
7:45AM						SPRINT 30min	
8:20AM						RPM 45min	SPRINT 30min
8:45AM	SPRINT 30min	SPRINT 30min		SPRINT 30min			
9:25AM	RPM 45min	Cycle HIIT 30min	RPM 45min	RPM 45min	RPM 45min	RPM 45min	RPM 45min
10:10AM		RPM BEGINNER 25min					
10:45AM				Cycle HIIT 30min			
11:00AM	Virtual RPM 45min	Virtual RPM 45min	Virtual RPM BEG 25min		Virtual RPM BEG 25min	Virtual RPM BEG 25min	Virtual RPM 45min
12:00PM	Virtual SPRINT 30min	Virtual RPM 30min	Virtual SPRINT 30min	Virtual RPM 30min	Virtual SPRINT 30min	Virtual SPRINT 30min	Virtual SPRINT 30min
1:00PM	Virtual RPM 45min			Virtual RPM 45min		Virtual RPM BEG 25min	
2:00PM	Virtual SPRINT 30min	Virtual SPRINT 30min	Virtual SPRINT 30min	Virtual SPRINT 30min	Virtual SPRINT 30min	Virtual SPRINT 30min	Virtual RPM BEG 25min
3:15PM	Virtual RPM 45min		Virtual RPM 45min		Virtual RPM 45min	Virtual RPM 45min	
3:30PM		Virtual SPRINT 30min		Virtual SPRINT 30min			
4:00PM							SPRINT 30min
4:30PM	SPRINT 30min		SPRINT 30min			RPM 45min	
5:00PM				Virtual RPM 45min	SPRINT 30min		Virtual RPM 45min
5:35PM	SPRINT 30min	SPRINT 30min	SPRINT 30min				
6:10PM				RPM 45min	Virtual RPM 45min	Virtual SPRINT 30min	Virtual SPRINT 30min
6:20PM	RPM 45min	Cycle HIIT 30min	RPM 45min				
7:30PM	Virtual SPRINT 30min	Virtual RPM 45min		Virtual SPRINT 30min			

Cycle Studio

# Group Exercise Timetable



	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Floor	7:15AM	Powerzone Cardio 30min	Powerzone Punch 30min	Powerzone Circuit 30min	Powerzone HIIT 30min	Powerzone Cardio 30min		
	8:00AM	Movers Active 30min						
	9:30AM						Powerzone Circuit 30min	
	10:30AM	Movers Active 30min		Movers Active 30min		Movers Active 30min		
	12:15PM	Powerzone Circuit 30min	Powerzone Cardio 30min	Powerzone AGT 30min	Powerzone SuperSet 30min	Powerzone HIIT 30min		
	4:15PM	Powerzone HIIT 30min	Powerzone Fly 30min	Powerzone Cardio 30min	Powerzone Circuit 30min	Powerzone Punch 30min		
	7:15PM	Powerzone Cardio 30min	Powerzone HIIT 30min	Powerzone Punch 30min	Powerzone Fly 30min			
Foyer	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00AM						PARC Fit Run Beginner 60min	
	5:30PM		PARC Fit Run 60min		PARC Fit Run 60min			
50m Pool & Warm Water Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:40AM	FIT Swim 60min		FIT Swim 60min				
	8:30AM	Deep Water FIT 45min	Deep Water FIT 45min	Aqua HIIT 45min	Deep Water Fit 45min	Aqua Fit 45min	Deep Water Running 45min	
	9:30AM	Aqua Fit 45min	Aqua Fit 45min	Aqua Fit 45min	Aqua HIIT 45min	Aqua Fit 45min	Deep Water Fit 45min	
	2:00PM	WWP Yogalates 40min	WWP Workout 40min	WWP Yogalates 40min	WWP Workout 40min			
	6:45PM	Aqua Fit 45min	Deep Water Fit 45min	Aqua Fit 45min	Aqua HIIT 45min			
	7:35PM	Deep Water Fit 45min		Deep Water Running 45min				