

# Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM					Virtual GRIT STRENGTH 30min		
5:25AM	GRIT CARDIO 30min	GRIT STRENGTH 30min	BODYATTACK 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 GRIT STRENGTH 30min		Virtual BODYBALANCE 30min	GRIT STRENGTH 30min	Virtual GRIT CARDIO 30min
7:15AM	Virtual BODYCOMBAT 60min	Virtual BODYPUMP 45min		Virtual CX WORX 30min			
7:45AM			Virtual BODYBALANCE 30min		Virtual GRIT CARDIO 30min	CX WORX 30min	Boxing 45min
8:00AM				Virtual GRIT PLYO 30min			
8:20AM						BODYATTACK 45min	
8:45AM	CX WORX 30min	CX WORX 30min	BODYPUMP 30min	PARC HIIT 30min	CX WORX 30min		BODYATTACK 30min
9:25AM	BODYPUMP 60min	BODYSTEP 60min	PARC HIIT 30min	BODYATTACK 60min	BODYPUMP 60min	BODYPUMP 60min	BODYPUMP 60min
10:00AM			CORE 45min				
10:30AM						STRONG 30 30min	
10:45AM	BODYSTEP 45min	BODYPUMP 45min	ZUMBA 60min	BODYPUMP 60min	Zumba 45min		Virtual BODYCOMBAT 60min
11:05AM						SH'BAM 45min	
11:35AM	PARC HIIT 30min	Core 30min					
12:10PM	STRONG by Zumba 60min	PARC Movers 60min	Virtual BODYCOMBAT 30min	PARC Movers 60min		Virtual GRIT STRENGTH 30min	Virtual BODYPUMP 45min
12:20PM					Virtual GRIT STRENGTH 30min		
12:55PM					Virtual GRIT CARDIO 30min	Virtual GRIT PLYO 30min	
1:20PM	Virtual BODYPUMP 30min	Virtual GRIT BEGINNER 30min	Virtual SH'BAM 30min	Virtual CX WORX 30min			Virtual CX WORX 30min
2:00PM	YOGA 60min						
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		Active Kids Play 45min	TEEN BOXING 45min	Active Kids Play 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	CX WORX 30min			BODYPUMP 60min
5:35PM	BODYPUMP 45min		BODYATTACK 45min	BODY STEP 45min	BODYPUMP 45min	Virtual GRIT BEGINNER 30min	
5:55PM		BODYPUMP 60min					
6:15PM						Virtual GRIT CARDIO 30min	Virtual CX WORX 30min
6:25PM			BODY BALANCE 45min				
6:30PM	SH'BAM 45min			BODYPUMP 45min			
7:00PM		PARC HIIT 45min					
7:15PM			BODYPUMP 30min				
7:20PM	CORE 30min			GRIT CARDIO 30min			
7:50PM		Boxing 60min	MAT PILATES 60min				
7:55PM	PARC HIIT 45min						
8:00PM				Zumba 60min			

Studio One

# Group Exercise Timetable



	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Two	6:00AM	Yoga 60min	BODYBALANCE 60min	Reformer 60min	Reformer 60min	Mat Pilates 60min		
	7:10AM	BODYBALANCE 45min		Barre Reformer 60min	Reformer 60min	Reformer 60min	Barre 60min	
	8:10AM					Reformer 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							Meditation 30min
	10:45AM	Barre 30min	Reformer 60min	BODYBALANCE 60min	BODYBALANCE 60min	Yin Yoga 60min		
	11:00AM						Reformer 60min	BODYBALANCE 60min
	11:20AM	CX WORX 30min						
	12:00PM	Reformer 60min	Reformer 60min	Beginner Yoga 60min	Hatha Yoga 60min	Reformer 60min	Reformer 60min	
	1:00PM	Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min	
	2:00PM		Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min	Reformer 60min	
	3:00PM			Reformer 60min	Reformer 60min		Reformer 60min	
	4:00PM	Reformer 60min		Reformer 60min				
	4:10PM		TEEN STRENGTH 55min		TEEN STRENGTH 55min		BODYBALANCE 60min	
	5:00PM	Reformer 60min		Reformer 60min				
	5:35PM		CX WORX 30min		Barre 30min			
	5:55PM						Barre 30min	
	6:00PM				Reformer 60min			
	6:10PM	Mat Pilates 60min	BODYBALANCE 60min			Mat Pilates 60min		
	6:30PM						BODYBALANCE 60min	
	7:00PM				Reformer 60min			
	7:15PM	Vinyasa Yoga 60min	Barre 30min			Yin Yoga 60min		
	8:00PM		Reformer 60min	Reformer 60min				
	8:20PM	Meditation 30min				Meditation 30min		

# Group Exercise Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM	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		
6:40AM	Virtual SPRINT 30min						
7:05AM						Virtual SPRINT 30min	
7:10AM		Virtual RPM 45min	Virtual RPM 45min		Virtual RPM 45min		Virtual RPM 45min
7:15AM	Virtual SPRINT 30min			Virtual SPRINT 45min			
7:40AM						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
10:30AM						Virtual SPRINT 30min	
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			
4:15PM							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				
5:40PM	SPRINT 30min						
6:10PM		Cycle HIIT 30min		RPM 45min	Virtual RPM 45min	Virtual SPRINT 30min	Virtual SPRINT 30min
6:20PM	RPM 45min		RPM 45min				
7:00PM		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 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min	
	8:00AM	Movers Active 30min						
	9:30AM						Powerzone 30min	
	10:15AM							
	11:10AM	Movers Active 30min		Movers Active 30min		Movers Active 30min		
	12:15PM	Powerzone 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min		
	4:15PM	Powerzone 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min			
	7:15PM	Powerzone 30min	Powerzone 30min	Powerzone 30min	Powerzone 30min			
Foyer	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00AM						PARC Fit Run Beginner 60min	
50m Pool & Warm Water Pool	5:30PM		PARC Fit Run 60min		PARC Fit Run 60min			
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:40AM	FIT Swim 60min		FIT Swim 60min				
	7:40AM					Aqua Fit 45min		
	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					
Teen Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:10PM	TEEN CIRCUIT 50min Creche	TEEN STRENGTH 50min Studio 2	TEEN BOXING 45min Studio 1	TEEN STRENGTH 50min Studio 2			
		Active Kids Play 45min Studio 2		Active Kids Play 45min Studio 2				