GROUP FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
6:30am Body Pump 60 / S	**7.00am** Pilates 60 / S	**6:30am** Body Pump 60 / S	**7.00am** STRONG 45 / S	**6:30am** Cycle 45 / C		
8:00am AQUA Shallow 45 / Pool	**8:00am** AQUA Deep 45 / Pool		**7.45am** AQUA Deep 45 / Pool	**8:00am** AQUA H.I.I.T 45 / Pool		
					8.25am Pilates 60 / S	
9.00am Zumba 60 / S	**9.00am** PrYme Life 60 / S	**9.00am** Pilates 60 / S	**9.00am** PrYme Strength 60 / S	**9.00am** PrYme Active 60 / S	**9.30am** Body Attack 60 / S	
	10.00am AQUA Shallow 45 / Pool		**10.00am** AQUA Shallow 45 / Pool	**10.00am** Pilates 60 / S	**10.35am** Yoga Hatha 60 / S	
12.15pm StepIt 45 / S	**12.15pm** Body Pump 45' 45 / S	**12.15pm** STRONG 45 / S	**12.15pm** Body Pump 45' 45 / S			
	1.10pm Yoga Vinyasa 60 / S		**1.10pm** Yoga Vinyasa 60 / S			
4.30pm Zumba 45 / S					**4.00pm** Zumba 60 / S	
5.15pm Pilates 60 / S	**5.15pm** Zumba 60 / S	**5.15pm** Pilates 60 / S	**5.15pm** Yoga Vinyasa 60 / S	**5.15pm** Zumba 60 / S	**5.00pm** Yoga Vinyasa 60 / S	**5.15pm** Zumba 60 / S
6.00pm STRONG 45 / C			**5.15pm** *BoxFit 60 / C	**5.30pm** BARRE 30 / C		**6:30pm** Body Pump 60 / S
6:15pm Body Pump 60 / S	**6.15pm** StepIt 60 / S	**6:15pm** Body Pump 60 / S	**6.15pm** Zumba 60 / S	**6:15pm** Body Pump 60 / S		
6.45pm Cycle 45' 45 / C	**6.45pm** BARRE 30 / C	**6.30pm** Zumba 45' 45 / C				
7.20pm BARRE 30 / S	**7.20pm** Body Pump 45 / S	**7.20pm** Yoga Hatha 60 / S	**7.20pm** STRONG 45 / S	**7.20pm** Yoga Hatha 60 / S		

CALM
CARDIO LOW IMPACT
CARDIO HIGH IMPACT
STRENGTH
AGE SPECIFIC

S	Sky Studio
C	Courtside Studio
P	Pool

*** Inner gloves required**

UNSW SYDNEY the Y