

WRIGHTINGTON GROUP EXERCISE TIMETABLE



EARLY MORNING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
08.45am	09.30am	7.15-am	08:00am	08.00am	09.00am	08.00am	09.00am	08:00	08:45
Abs & Tone	Louise	Pump	Louise	Pilates	Amanda	Yoga	Jenny	Aerotone	Louise

DAYTIME

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00am	10:45	10:00am	10:45am	09.15am	10.15am	10.00am	11.00am	09.00am	09.45am
Legs Bums&Tums	Louise	Tone&Trim	Micheala	Pilates	Amanda	Aerotone	John	Aerotone	Louise
11.30am	12.30pm	11.15am	12.45pm	11:00	12:00	11:30	12:00	10:15am	11:00am
Pilates	Laura	Yoga	Erica	Step	Micheala	Abs&Bums	John	Blast Class	Louise
				1.00pm	2.15pm	1.00pm	2.30pm	11:30am	12:30pm
				Yoga	Erica	Yoga	Kim	Pilates	Laura

WEEKENDS

SATURDAY		SUNDAY	
10.00am	10.45am	09:30	10:30
Cardio Kick	John	Conditioning	Louise
11.00am	11.45am	11.00am	12.15pm
Toning	John	Yoga	Mija

EVENING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6.15pm	7.15pm	6:00pm	7:00pm	6:00pm	7:00pm	6:00pm	7:30pm		
Boot Camp	John	Circuits	John	Pump and Tone	Louise	Yoga	Mija		

- Aerobic/Cardio
- All body workout:
- Resistance
- Water Based
- Dance Aerobics
- Mind, Strength &
- Abs & Toning
- Indoor Cycle