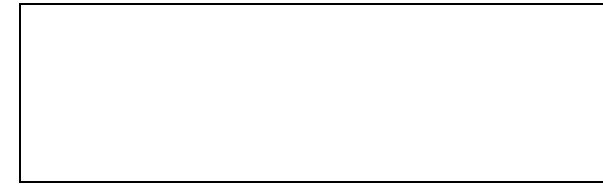


WRIGHTINGTON GROUP EXERCISE TIMETABLE

2020

EARLY MORNING

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-------------------|----------------------|--------------------|-------------------------|--------------------|-------------------|--------------------|---------------|--------|--|
| 08.45am 9.30am | Abs & Tone Louise | 08.45am 09.30am | Tone & Trim Micheala | 08.00am 09.00am | Pilates Amanda | 08.00am 09.00am | Yoga Jenny | | |



DAYTIME

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

WEEKENDS 08:00 - 20:00Hrs

| SATURDAY | | SUNDAY | |
|--------------------|---------------------|--------------------|------------------------|
| 09.00am 10.00am | | 09:30 10:30 | Conditioning Louise |
| 10.00am 10.45am | Cardio Kick John | 11.00am 12.15pm | Yoga Mija |
| 11.00am 11.45am | Toning John | | |

EVENING

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

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