

WRIGHTINGTON - GROUP EXERCISE TIMETABLE

EARLY MORNING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
		07.00am Pump 08:00am Louise					07:00am Pump 08:00am Louise				
8.45am 9.30am	Abs & Tone Louise	08.45am Tone & Trim 09.30am Micheala			08.00am Pilates 09.00am Amanda			7:00am Spin 8:00am Luke			
						08:30am Zumba 09:15am Amanda			08:00am Aerotone 08:45am Louise		



DAYTIME

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY				
		9:35am Salsacise 10:20am Micheala			09.15am Pilates 10.15am Amanda							
09:45 10:30	L,B&T Louise	10:25am Tone&Trim 11:10am Micheala			10:45am HIIT 11:30am Micheala	10.00am Aerotone 11.00am John			09.00am Aerotone 09.45am Louise			
11.30am 12.30pm	Pilates Laura	11:15am Yoga 12.45pm Erica			11:30am Step 12.30pm Micheala	11:15am Abs&Bums 11:45am John			10:00am Blast Class 10:45am Louise	11:00am Cardio Kick 10.45am John		
		1:00pm Zumba 1:45pm Amanda			1.00pm Yoga 2.15pm Erica	1.00pm Yoga 2.30pm Kim			11:30am Pilates 12:30pm Amanda	11:00am Toning 11:45am John		
		2.00pm Balroom Dance 3.00pm Gary							12:45pm Zumba 1:30pm Amanda			
				10.30am Aqua 11.15am Amanda					10.15am Aqua 11.15am Amanda			

WEEKENDS

SATURDAY		SUNDAY	
09:00am Spin 09:45am John		09:00 Yoga 10:30 Mija	
10:00am Cardio Kick 10.45am John		09:45 Spin 10:30 Ian	
11:00am Toning 11:45am John		10:45 Conditioning & 11:30 Stretching- Ian	

EVENING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
6.15pm Boot Camp 7.15pm John		6:15pm Circuits 7:15pm John		6:00pm Pump&Tone 7:00pm Louise		6:30pm Yoga 8:00pm Mija				
6:00pm Spin 6:45pm Louise				6:15pm Spin 7:15pm Luke						
7.30pm Yoga 8.45pm Maxime		7.30pm Yoga 8.30pm James		7:15pm Pilates 8:15pm Amanda						

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