



AQUAPULSE

MON	TUE	WED	THU	FRI	SAT	SUN
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EARLY MORNING

TREAD30 5.35-6.05am Wayne	SPRINT 5.35-6.05am Ria	FXFIT 5.35-6.20am Wayne	RPM 5.35-6.20am Sam W	FXFIT 5.35-6.20am Wayne		
FXFIT 6.10-6.55am Rhys	BODYPUMP 6.10-6.55am Ria	SPRINT 6.25-6.55am Wayne	STRENGTH DEVELOPMENT 6.25-7.10am Sam W	BODYPUMP 6.25-7.10am Wayne		
BODYBALANCE 6.10-6.55am Wayne	LIFTING LAB 7.30-8.15am Rob			REFORMER 7.15-7.45am Chris		

MID MORNING

SHALLOW AQUA 7.10-7.55am Vanessa	AQUA 7.30-8.15am Sharon	SHALLOW AQUA 7.45-8.30am Jo	OUTDOOR AQUA 7.45-8.30am Jo	SHALLOW AQUA 8-8.45am Sharon	RPM 7.30-8.15am Daniel	FXFIT 8.15-9am Fiona
WYNSENIOR AQUA 8-8.45am Vanessa	CYCLE 8.30-9am Sharon	FXFIT 8.30-9.15am Fiona	REFORMER 8.45-9.15am Ali	FXFIT 8.30-9.15am Rob	BOXING 7.50-8.20am Wayne	BODYPUMP 8.15-9am Victoria
FXFIT 8.30-9.15am Rhys	BOOTY BURN 8.45-9.15am Kat	MAT PILATES 8.45-9.15am Maree	LIFTING LAB 8.35-9.20am Rob	AQUA 9-9.45am Benita	REFORMER 7.55-8.25am Diana	REFORMER 8.15-8.30am Julie
REFORMER 8.55-9.25am Sharon	WYNSENIOR GENTLE AQUA 9-9.45am Jo	REFORMER 9.15-9.45am Felipe	BOX CIRCUIT 9.30-10am Rob	BODYPUMP 9.15-10am Sam I	REFORMER 8.30-9am Diana	REFORMER 8.35-9.05am Julie
BODYPUMP 9.15-10am Joanna	BODYSTEP 9.20-10.05am Kristie	FXFIT 9.20-10.05am Fiona	DANCE 10.10-10.55am Kat	FXFIT 9.20-10.05am Rob	BODYPUMP 8.30-9.30am Keith	SPRINT 9.10-9.40am Sam W
FXFIT 9.20-10.05am Rhys	REFORMER 9.20-9.50am Felipe	OUTDOOR AQUA 9.30-10.15am Benita	WYNSENIOR ACTIVE 11.05-11.50am Ronni	REFORMER 9.30-10am Ali	FXFIT 8.30-9.15am Wayne	
REFORMER 9.30-10am Sharon	BODYBALANCE 10.10-10.55am Kristie	BODYPUMP 9.40-10.25am Kiahann		REFORMER 10.05-10.35am Ali	AQUA 9.30-10.15am Wayne	
STRETCH 10.10-10.55am Sharon	WYNSENIOR ACTIVE 11.05-11.50am Ronni	REFORMER 9.50-10.20am Felipe		LESMILLS CORE 10.10-10.40am Sam I	BODYATTACK 9.40-10.25am Keith	
		WYNSENIOR GENTLE AQUA 10.15-11am Warm Water Pool Benita		BODYBALANCE 10.45-11.30am Sam I	YOGA 10.30-11.30am Maree	
		YOGA 10.35-11.15am Gunjan				



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EVENING

CYCLE 5.30-6pm <i>Sharon</i>	YOGA 5.20-6pm <i>Gunjan</i>	FXFIT 5-5.45pm <i>Rhys</i>	BODYPUMP 5.30-6pm <i>Wayne</i>	BODYPUMP 5.20-6.15pm <i>Ria</i>
BODYSTEP 5.30-6.15pm <i>Keith</i>	REFORMER 5.30-6pm <i>Ali</i>	REFORMER 5.30-6pm <i>Chris</i>	FXFIT 6-6.45pm <i>Dylan</i>	FXFIT 5.30-6.15pm <i>Felipe</i>
FXFIT 6.05-6.50pm <i>Fiona</i>	FXFIT 5.30-6.15pm <i>Wayne</i>	SPRINT 5.30-6pm <i>Kiahann</i>	REFORMER 6.10-6.40pm <i>Wayne</i>	STRETCH / MEDITATION 6.25-7.10pm <i>Felipe</i>
REFORMER 6.10-6.40pm <i>Ali</i>	CYCLE 6.05-6.50pm <i>Alycia</i>	FXFIT 6.05-6.50pm <i>Rhys</i>	SPRINT 6.10-6.40pm <i>Daniel</i>	
BODYPUMP 6.25-7.10pm <i>Keith</i>	BODYCOMBAT 6.05-6.50pm <i>Alex</i>	BODYPUMP 6.10-7.10pm <i>Chris</i>	BODYCOMBAT 6.10-6.40pm <i>Kat</i>	
REFORMER 6.45-7.15pm <i>Ali</i>	REFORMER 6.05-6.35pm <i>Ali</i>	YOGA 7.20-8.20pm <i>Jess G</i>	REFORMER 6.45-7.15pm <i>Wayne</i>	
FXFIT 6.55-7.40pm <i>Fiona</i>	FXFIT 6.20-7.05pm <i>Wayne</i>		BODYBALANCE 6.45-7.30pm <i>Kat</i>	
MAT PILATES 7.20-8.05pm <i>Jess D</i>	REFORMER 6.40pm-7.10pm <i>Ali</i>		FXFIT 6.50-7.35pm <i>Dylan</i>	
	ZUMBA 6.55-7.40pm <i>Alycia</i>			

 MAIN STUDIO	 CYCLE STUDIO	 FX STUDIO
 REFORMER STUDIO	 GYM FLOOR	 POOL DECK
 WERRIBEE OUTDOOR POOL		



EAGLE STADIUM

MON	TUE	WED	THU	FRI	SAT	SUN
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EARLY MORNING

BOXING 5.45-6.15am <i>Alycia</i>	FXFIT 5.45-6.30am <i>Kiahann</i>	TREAD30 5.45-6.15am <i>Alycia</i>	FXFIT 5.45-6.30am <i>Alycia</i>	CYCLE 5.45-6.30am <i>Alycia</i>		
		BODYPUMP 5.45-6.30am <i>Andrea</i>				

MID MORNING

AEROBICS 9.15-10am <i>Kristie</i>	BODYPUMP 9.30-10.15am <i>Meesha</i>	CYCLE 9.10-9.40am <i>Sharon</i>	BODYPUMP 9.15-9.45am <i>Meesha</i>	BODYSTEP 9.20-9.50am <i>Kristie</i>	FXFIT 8.15-9am <i>Kiahann</i>	FXFIT 8.20-9.05am <i>Andrea</i>
MAT PILATES 10.10-10.55am <i>Maree</i>	DANCE 10.25-11.10am <i>Meesha</i>	CORE 9.45-10.15am <i>Sharon</i>	HIIT CYCLE 10-10.30am <i>Meesha</i>	LESMILLS CORE 10-10.30am <i>Kristie</i>	BODYPUMP 9.10-9.40am <i>Kelly</i>	BODYPUMP 9.20-10.05am <i>Andrea</i>
WYNSENIOR DANCE 11-11.30am <i>Kat</i>	WYNSENIOR ACTIVE 11.20-12.05pm <i>Benita</i>	WYNSENIOR PILATES 10.45-11.30am <i>Felipe</i>	STRETCH 10.35-11.05am <i>Sharon</i>	YOGA 10.35-11.20am <i>Kristie</i>	SPRINT 9.50-10.20am <i>Kelly</i>	YOGA 10.15-11.15am <i>Maree</i>
WYNSENIOR BODYBALANCE 11.35-12.05pm <i>Kat</i>				WYNSENIOR ACTIVE 11.30-12.15pm <i>Benita</i>	BODYBALANCE 10.30-11.15am <i>Sam I</i>	

EVENING

TREAD30 5.30-6pm <i>Wayne</i>	BODYPUMP 5.30-6pm <i>Kelly</i>	BODYPUMP 5.30-6pm <i>Kat</i>	CYCLE 5.30-6pm <i>Sharon</i>	BOOTY BURN 5.45-6.15pm <i>Kat</i>
RPM 6.05-6.50pm <i>Wayne</i>	SPRINT 6.10-6.40pm <i>Kelly</i>	AEROBICS 6.10-6.40pm <i>Alycia</i>	CORE 6.05-6.35pm <i>Sharon</i>	DANCE 6.20-7.05pm <i>Kat</i>
BODYCOMBAT 6.05-6.50pm <i>Kat</i>	LESMILLS CORE 6.10-6.40pm <i>Diana</i>	ZUMBA 6.45-7.30pm <i>Alycia</i>	MAT PILATES 6.40-7.10pm <i>Sharon</i>	POUND 7.10-7.40pm <i>Jessica D</i>
BODYPUMP 6.55-7.40pm <i>Wayne</i>	BODYBALANCE 6.45-7.30pm <i>Diana</i>			

MAIN STUDIO

CYCLE STUDIO

GYM FLOOR