

# 1LEISURE HEIGHTS FITNESS CLASSES

## MONDAY

TIME	CLASS	INSTRUCTOR	STUDIO	TYPE
9.15 to 10AM	<b>Pure Tone</b>	Karen	1	Cardio
9.30 to 10.15AM	<b>Cyclone</b>	Cara	Cyclone	Cardio
10.15 to 11AM	<b>Cardio Combat</b>	Karen	2	Cardio
10 to 10.45AM	<b>Aquacise</b>	Tina	Small pool	Pool
10.30 to 11.15AM	<b>Kettlebell and Core</b>	Cara	1	Strength
11 to 11.45AM	<b>Aquacise</b>	Tina	Main pool	Pool
5 to 5.45PM	<b>Total body workout</b>	Cara	1	Cardio
5.15 to 6PM	<b>Zumba</b>	Narisa	2	Dance
5.15 to 6PM	<b>Cyclone</b>	Jess	Cyclone	Cardio
6 to 7PM	<b>Yoga for all</b>	Julie C	1	Wellbeing
6.15 to 7PM	<b>Cyclone</b>	Jess	Cyclone	Cardio
6.15 to 7PM	<b>DanceAtomic</b>	Cara	2	Dance
6.30 to 7.15PM	<b>Aquacise</b>	Tina	Main pool	Pool
6.30 to 7.15PM	<b>Aqua Deep</b>	Narisa	Main pool	Pool
7.15 to 8.15PM	<b>Intermediate Yoga</b>	Julie C	1	Wellbeing

## TUESDAY

6.15 to 7AM	<b>Bootcamp</b>	Cara	1	Cardio
9.15 to 10AM	<b>Cyclone</b>	Jess	Cyclone	Cardio
9.30 to 10.15AM	<b>15/15/15</b>	Karen	1	Cardio
9.30 to 10.15AM	<b>Zumba</b>	Julie M	2	Dance
10.30 to 11.30AM	<b>Matwork Pilates</b>	Alison	1	Wellbeing
10.30 to 11.15 AM	<b>Bums, legs and tums</b>	Karen	2	Cardio
11 to 11.45AM	<b>Aquacise</b>	Tina	Main pool	Pool
11.30AM to 12.30PM	<b>Yoga for all</b>	Julie C	2	Wellbeing
12.45 to 1.45PM	<b>Yoga intermediate</b>	Julie C	2	Wellbeing
5.15 to 6PM	<b>Cyclone</b>	Zippy	Cyclone	Cardio
5.15 to 6PM	<b>DanceAtomic</b>	Cara	2	Dance
6.15 to 7PM	<b>Strong Nation</b>	Zippy	2	Strength
6.15 to 7PM	<b>Cyclone</b>	Cara	Cyclone	Cardio

## WEDNESDAY

9.30 to 10.15AM	<b>Cyclone</b>	Cara	Cyclone	Cardio
9.30 to 10.15AM	<b>Zumba</b>	Julie M	2	Dance
10 to 10.45AM	<b>Aquacise</b>	Tina	Small Pool	Pool
10.30 to 11.15AM	<b>Bounce</b>	Cara	1	Cardio
10.30 to 11.30AM	<b>FitStart</b>	Julie M	2	Wellbeing
11 to 11.45AM	<b>Aquacise</b>	Tina	Main Pool	Pool
5 to 5.45PM	<b>Kettlebell and core</b>	Cara	1	Strength
5 to 5.45PM	<b>Hoop</b>	Julie M	2	Cardio
5.15 to 6PM	<b>Cyclone</b>	Karen	Cyclone	Cardio
6 to 6.45PM	<b>DanceAtomic</b>	Cara	2	Dance

## WEDNESDAY (cont)

6 to 7PM	<b>Yoga for all</b>	Julie C	1	Wellbeing
6.15 to 7PM	<b>Cyclone</b>	Yvette	Cyclone	Cardio
6.30 to 7.15PM	<b>Aqua Zumba</b>	Narisa	Main Pool	Pool
6.30 to 7.15PM	<b>Aqua Deep</b>	Tina	Main Pool	Pool
7 to 7.45PM	<b>Cardio hit and abs</b>	Karen	2	Cardio
7.15 to 8.15PM	<b>Intermediate Yoga</b>	Julie C	1	Wellbeing

## THURSDAY

9.15 to 10AM	<b>15/15/15</b>	Cara	2	Cardio
9.30 to 10.15AM	<b>Cyclone</b>	Tim	Cyclone	Cardio
9.30 to 10.15AM	<b>Bums, legs and tums</b>	Julie M	1	Cardio
10.30 to 11.15AM	<b>Zumba Gold</b>	Narisa	2	Dance
10.30 to 11.30AM	<b>FitsStart</b>	Julie M	1	Wellbeing
11 to 11.45AM	<b>Aquacise</b>	Tim	Main Pool	Pool
12.15 to 1.15PM	<b>Yoga for all</b>	Julie C	2	Wellbeing
5 to 5.45PM	<b>Cyclone</b>	Cara	Cyclone	Cardio
6 to 6.45PM	<b>Total body workout</b>	Cara	1	Cardio
6.15 to 7PM	<b>DanceAtomic</b>	Grace	2	Dance
6.15 to 7PM	<b>Cyclone</b>	Yvette	Cyclone	Cardio

## FRIDAY

9 to 10AM	<b>Flow Yoga</b>	Tor	1	Wellbeing
9.15 to 10AM	<b>Cyclone</b>	Karen	Cyclone	Cardio
9.30 to 10.15AM	<b>DanceAtomic</b>	Cara	2	Dance
10 to 10.45AM	<b>Aquacise</b>	Tina	Small Pool	Pool
10.15 to 11AM	<b>Pure Tone</b>	Karen	1	Strength
10.30 to 11.30AM	<b>Power Flow Yoga</b>	Tor	2	Wellbeing
11 to 11.45AM	<b>Aquacise</b>	Tina	Main Pool	Pool
5.15 to 6PM	<b>Bums, legs and tums</b>	Julie M	2	Cardio
5.30 to 6.15PM	<b>Cyclone</b>	Jess	Cyclone	Cardio
6.15 to 7PM	<b>Zumba</b>	Julie M	2	Dance
6.30 to 7.15PM	<b>Aquacise</b>	Jade	Main Pool	Pool

## SATURDAY

9.30 to 10.15AM	<b>DanceAtomic</b>	Cara	2	Dance
9.30 to 10.15AM	<b>Cyclone</b>	Claire	Cyclone	Cardio
10.30 to 11AM	<b>30 minutes abs</b>	Cara	2	Strength

## SUNDAY

8.30 to 9.15AM	<b>Cyclone</b>	Tim	Cyclone	Cardio
9.30 to 10.15AM	<b>Zumba</b>	Julie M	2	Dance
10.30 to 11.30AM	<b>Cardio Step</b>	Julie M	2	Cardio