

1LEISURE MEDINA FITNESS CLASSES

TIME	CLASS	INSTRUCTOR	STUDIO	TYPE
MONDAY				
9.15 to 10AM	Aquacise	Jade	Main pool	Pool
9.15 to 10AM	Aqua Deep	Narisa	Main pool	Pool
9.30 to 10.15AM	Cyclone	Claire	Cyclone	All
9.30 to 10.15AM	Matwork Pilates	Alison	2	Wellbeing
9.15 to 10AM	Aqua Deep	Narisa	Main pool	Pool
10.30 to 11.15AM	Fit start	Lynn	2	Beginners
5.45 to 6.30PM	Fitsteps	Donna	2	Dance
6 to 6.45PM	Circuit	Sara	1	Intermediate
6 to 6.45PM	Cyclone	Alec	Cyclone	All
6.45 to 7.45PM	Yoga for All	Sally	2	Wellbeing
7 to 7.45PM	Body condition	Sara	1	Strength
8 to 8.45PM	NEW Kettlebell and abs	Sara	1	Cardio/ strength

TIME	CLASS	INSTRUCTOR	STUDIO	TYPE
TUESDAY				
6.15 to 7AM	Cyclone	Carolyn	Cyclone	All
9.15 to 10AM	Aquacise	Jade	Main pool	Pool
9.30 to 10.15AM	Cyclone	Sara	Cyclone	All
9.30 to 10.15AM	NEW Liit/ Abs	Carolyn	2	All
10.30 to 11.15AM	NEW Yoga Stretch	Sara	2	Beginners
5.30 to 6.15PM	Cyclone	Claire	Cyclone	All
5.45 to 6.30PM	Zumba	Narisa	2	Dance
6.30 to 7.15PM	Bums, legs and tums	Amie	1	Tone
6.45 to 7.30PM	Dance Atomic	Grace	2	Dance
7.30 to 8.15PM	Aquacise	Amie	Main pool	Pool

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WEDNESDAY				
9.15 to 10AM	Aqua Zumba	Narisa	Main pool	Pool
9.15 to 10AM	Body Condition	Sara	2	Tone
9.30 to 10AM	Cyclone	AJ	Cyclone	All
10.15 to 11AM	Matwork Pilates	Julie	2	Wellbeing
11.15AM to 12.15PM	Yoga for All	Julie	2	Wellbeing
5.30 to 6.15PM	Cyclone	Sara	Cyclone	All
5.30 to 6.15PM	Matwork Pilates	Alison	2	Wellbeing
6.30 to 7.15PM	Body Condition	Sara	1	Tone
6.30 to 7.15PM	Dance Atomic	Grace	2	Dance
7.15 to 8PM	NEW Circuit	Sara	1	Intermediate

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THURSDAY				
6.15 to 7AM	Cyclone	Carolyn	Cyclone	All
9.15 to 10AM	Aquacise	Steph	Main Pool	Pool
9.15 to 10AM	NEW Zumba Gold	Narisa	2	Dance
9.30 to 10.15AM	Cyclone	AJ	Cyclone	All
10.30 to 11.15AM	NEW HIIT/ Abs	AJ	2	Cardio/Tone
5.30 to 6.15PM	Cyclone	Sara	Cyclone	All
5.45 to 6.30PM	NEW Zumba	Narisa	2	Dance
6.30 to 7.15PM	NEW Cardio Combat	Sara	2	Cardio/Tone
6.30 to 7.15PM	Bounce	Amie	1	Cardio/Tone
7.30 to 8.15PM	Aquacise	Amie	Main pool	Pool
7.30 to 8.15PM	Yoga Stretch	Sara	2	Beginners

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FRIDAY				
9.15 to 10AM	Aquacise	Jade	Main Pool	Pool
9.30 to 10.15AM	Cyclone	Lynn	Cyclone	All
9.30 to 10.15AM	Fit steps	Donna	2	Dance
10.30 to 11.15AM	Fit start	Lynn	2	Beginners
5.30 to 6.15PM	Cyclone	Julie	Cyclone	All
7.45 to 6.30PM	Zumba	Nila	2	Dance

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SATURDAY				
9.15 to 10AM	Cyclone	Julie	Cyclone	All
10.15 to 11.15AM	Yoga for All	Julie	2	Wellbeing

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SUNDAY				
9.15 to 10AM	Zumba	Narisa	2	Dance
9.15 to 10AM	Cyclone	Sara	Cyclone	All