

1LEISURE MEDINA FITNESS CLASSES

TIME	CLASS	INSTRUCTOR	STUDIO	TYPE
MONDAY				
9.15 to 10AM	Aquacise	Leah	Main Pool	Pool
09.15 to 10AM	Aquacise Deep	Narisa	Main Pool	Pool
09.30 to 10.15AM	Pilates	Alison	2	Wellbeing
10.30 to 11.15AM	Fitstart	Lynn	2	Beginners
5.45 to 6.30PM	Fitsteps	Donna	2	Dance
6 to 6.45PM	Circuit	Sara	1	Cardio
6 to 6.45PM	Cyclone	Alec	Cyclone	All
6.45 to 7.45PM	Yoga For All	Sally	2	Wellbeing
7 to 7.45PM	Body Con	Sara	1	Strength
8 to 8.45PM	Kettlebells & Abs	Sara	1	Cardio/ Strength

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TUESDAY				
9.15 to 10AM	Aquacise	Jade	Main Pool	Pool
9.45 to 10.30am	Cyclone	Sara	Cyclone	All
6 to 6.45PM	Cyclone	Claire	Cyclone	All
6 to 6.45PM	Danceatomic	Grace	2	Dance
6.30 to 7.15PM	Legs, Bums & Tums	Amie	1	Tone
7.30 to 8.15PM	Aquacise	Amie	Main Pool	Pool

TIME	CLASS	INSTRUCTOR	STUDIO	TYPE
WEDNESDAY				
9.15 to 10AM	Aquacise	Narisa	Main Pool	Pool
9.15 to 10AM	Total Body Workout	Sara	2	Strength
10.15 to 11AM	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	Pilates	Alison	2	Wellbeing
6.30 to 7.15PM	Danceatomic	Grace	2	Dance
6.30 to 7.15PM	Body Con	Sara	1	Strength
7.15 to 8PM	Cardio Combat	Sara	1	Cardio

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THURSDAY				
9.15 to 10AM	Aquacise	Steph	Main Pool	Pool
9.15 to 10AM	Aqua Deep	Narisa	Main Pool	Pool
9.45 to 10.30AM	Cyclone	Aj	Cyclone	All
5.30 to 6.15PM	Cyclone	Sara	Cyclone	All
6.30 to 7.15PM	Bounce	Amie	1	Cardio/Tone
7.30 to 8.15PM	Aquacise	Amie	Main Pool	Pool

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FRIDAY				
9.15 to 10AM	Aquacise	Jade	Main Pool	Pool
9.30 to 10.15AM	Fitsteps	Donna	2	Dance
10.30 to 11.15AM	Fitstart	Lynn	2	Beginners
6 to 6.45PM	Cyclone	Julie	Cyclone	All
6 to 6.45PM	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	Cyclone	AJ	Cyclone	All
9.15 to 10AM	Zumba	Narisa	2	Dance