

# 1LEISURE MEDINA FITNESS CLASS TIMETABLE

Feb 2024

	Time	Class	Instructor	Studio	Type
MONDAY	6.00 – 6.45am	Cyclone	Sara	Cyclone	Cardio
	9.15 – 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.30 – 10.15am	Pilates	Alison	2	Wellbeing
	10.30 – 11.15am	FITstart	Lynn	2	Beginners
	5.45 – 6.30pm	FITsteps	Donna	2	Dance
	6.00 – 6.45pm	Circuit	Sara	1	Cardio
	6.00 – 6.45pm	Cyclone	Alec	Cyclone	Cardio
	6.45 – 7.45pm	Yoga	Sally	2	Wellbeing
	7.00 – 7.45pm	Body Conditioning	Sara	1	Strength
TUESDAY	9.15 – 10.00am	Aqua Deep	Narisa	Main Pool	Pool
	9.15 – 10.00am	Aquacise	Jade	Main Pool	Pool
	9.15 – 10.00am	Cyclone	Sara	Cyclone	Cardio
	10.00 – 11.00am	Hatha Yoga (Beginners)	Sam Lee	2	Wellbeing
	6.00 – 6.45pm	Cyclone	Claire	Cyclone	Cardio
	6.00 – 6.45pm	Danceatomic	Cara	2	Dance
	7.30 – 8.15pm	Aquacise	Julie	Main Pool	Pool
	7.45 – 8.30pm	Tone Strength and Conditioning	George	Tone Zone	Strength
WEDNESDAY	6.00 – 6.45am	Cyclone	Claire	Cyclone	Cardio
	9.15 – 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.15 – 10.00am	Total Body Workout	Sara	2	Strength
	10.15 – 11.00am	Pilates	Julie C	2	Wellbeing
	11.15am -12.15pm	Yoga	Julie C	2	Wellbeing
	12.30 – 1.15pm	Zumba	Narisa	2	Dance
	5.30 – 6.15pm	Cyclone	Sara	Cyclone	Cardio
	5.30 – 6.30pm	Yoga	Sam Lee	2	Wellbeing
		6.30 – 7.15pm	Body Conditioning	Sara	1
THURSDAY	8.00 – 8.45am	Aqua Shallow	Narisa	Small Pool	Small Pool
	9.15 – 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.15 – 10.00am	Cyclone	Sara	Cyclone	Cardio
	10.00 – 11.00am	Hatha Flow Yoga	Sam Lee	2	Wellbeing
	5.30 – 6.15pm	Cyclone	Sara	Cyclone	Cardio
	6.30 – 7.15pm	Total Body Workout	Sara	1	Strength
	7.30 – 8.15pm	Aquacise	Amie	Main Pool	Pool
	7.30 – 8.15pm	Aqua Deep	Narisa	Main Pool	Pool
FRIDAY	6.00 – 6.45am	Bootcamp	James	1	Strength
	9.15 – 10.00am	Aquacise Deep	Narisa	Main Pool	Pool
	9.15 – 10.00am	Aquacise	Jade	Main Pool	Pool
	9.30 – 10.15am	FITstart	Lynn	2	Beginners
	10.30 – 11.15am	Core & Stretch	Lynn	2	Wellbeing
	11.30am – 12.30pm	Yoga (Beginners)	Sam Lee	2	Wellbeing
		6.00 – 6.45pm	Cyclone	Julie C	Cyclone
SAT	9.15 – 10.00am	Cyclone	Julie C	Cyclone	Cardio
	9.15 – 10.00am	FITsteps	Donna	2	Dance
	10.15 – 11.15am	Yoga	Julie C	2	Wellbeing
SUN	9.15 – 10.00am	Cyclone	AJ	Cyclone	Cardio
	9.15 – 10.00am	Zumba	Narisa	2	Dance
	10.30 – 11.30am	Yoga (Intermediate)	Sam Lee	2	Wellbeing