

1LEISURE HEIGHTS FITNESS CLASS TIMETABLE

April 2024

MONDAY

Time	Class	Instructor	Studio	Type
9.30 – 10.15am	Cyclone	Karen	Cyclone	Cardio
10.00 – 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
10.30 – 11.15am	Cardio Combat	Karen	1	Cardio
10.30 – 11.15am	Zumba	Narisa	2	Dance
11.00 – 11.45pm	Aquacise	Tina	Main Pool	Pool
12.00 – 1.00pm	Pilates	Olga	2	Wellbeing
5.00 – 5.45pm	Bounce	Cara	1	Cardio
5.15 – 6.00pm	Cyclone	Jess	Cyclone	Cardio
6.00 – 7.00pm	Yoga for All	Julie C	1	Wellbeing
6.00 – 6.45pm	Danceatomic	Cara	2	Dance
6.15 – 7.00pm	Cyclone	Jess	Cyclone	Cardio
6.30 – 7.15pm	Aquacise	Tina	Main Pool	Pool
6.30 – 7.15pm	Aquacise Deep	Narisa	Main Pool	Pool
7.15 – 8.15pm	Intermediate Yoga	Julie C	2	Wellbeing

TUESDAY

Time	Class	Instructor	Studio	Type
9.00 – 9.45am	Aquacise	Tina	Main Pool	Pool
9.30 – 10.15am	Cyclone	Jess	Cyclone	Cardio
9.30 – 10.15am	15/15/15	Karen	1	Cardio
9.30 – 10.15am	Zumba	Julie M	2	Dance
10.30 – 11.15am	Bounce	Jess	1	Cardio
10.30 – 11.15am	Bums, Legs & Tums	Karen	2	Cardio
11.00 – 11.45am	Aquacise	Tina	Main Pool	Pool
12.00 – 1.00pm	Yoga for All	Julie C	2	Wellbeing
5.15 – 6.00pm	Pure Tone	Karen	2	Strength
5.15 – 6.00pm	Cyclone	Sharon	Cyclone	Cardio
6.15 – 7.00pm	Zumba	Narisa	2	Dance
6.15 – 7.00pm	Pilates	Sharon	1	Wellbeing

WEDNESDAY

Time	Class	Instructor	Studio	Type
9.30 – 10.15am	Zumba	Julie M	2	Dance
10.00 – 10.45am	Cyclone	Karen	Cyclone	Cardio
10.00 – 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
10.30 – 11.15am	FITstart	Julie M	2	Wellbeing
11.00am – 11.45pm	Aquacise	Tina	Main Pool	Pool
5.00 – 5.45pm	Step	Julie M	2	Cardio
5.15 – 6.00pm	Cyclone	Karen	Cyclone	Cardio
6.00 – 7.00pm	Yoga for All	Julie C	1	Wellbeing
6.15 – 7.00pm	Cyclone	Karen	Cyclone	Cardio
6.30 – 7.15pm	Aqua Zumba	Narisa	Main Pool	Pool
6.30 – 7.15pm	Aquacise Deep	Tina	Main Pool	Pool
7.00 – 7.45pm	HIIT	Karen	2	Cardio
7.15 – 8.15pm	Power Yoga	Julie C	1	Wellbeing

THURSDAY

Time	Class	Instructor	Studio	Type
9.00 – 9.45am	Aquacise	Tina	Main Pool	Pool
9.30 – 10.15am	Bums, Legs & Tums	Julie M	2	Cardio
9.30 – 10.15am	Beginners Pilates	Tim R	1	Wellbeing
10.30 – 11.15am	Zumba Gold	Narisa	2	Dance
11.00 – 11.45am	Aquacise	Tim	Main Pool	Pool
11.00 – 11.45am	Aquacise Deep	Tina	Main Pool	Pool
12.00 – 1.00pm	Yoga for All	Julie C	2	Wellbeing
5.15 – 6.00pm	Total Body Workout	Sharon	1	Cardio
6.15 – 7.00pm	Zumba	Narisa	2	Dance
6.15 – 7.00pm	Cyclone	Sharon	Cyclone	Cardio

FRIDAY

Time	Class	Instructor	Studio	Type
9.15 – 10.15am	Flow Yoga	Tor	2	Wellbeing
9.30 – 10.15am	Cyclone	Karen	Cyclone	Cardio
10.00 – 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
10.30 – 11.15am	15/15/15	Karen	1	Strength
10.30 – 11.30am	Power Flow Yoga	Tor	2	Wellbeing
11.00am – 11.45am	Aquacise	Tina	Main Pool	Pool
5.15 – 6.00pm	Bums, Legs & Tums	Julie M	2	Cardio
5.30 – 6.15pm	Cyclone	Jess	Cyclone	Cardio
6.15 – 7.00pm	Zumba	Julie M	2	Dance
6.30 – 7.15pm	Aquacise	Narisa/Jess	Main Pool	Pool

SATURDAY

Time	Class	Instructor	Studio	Type
9.15 – 10.00am	Total Body Workout	Sharon	1	Strength
9.30 – 10.15am	Cyclone	Claire	Cyclone	Cardio
9.30 – 10.15am	Danceatomic	Cara	2	Dance
10.30 – 11.00am	30 Minute Abs	Cara	2	Strength

SUNDAY

Time	Class	Instructor	Studio	Type
8.30 – 9.15am	Cyclone	Tim	Cyclone	Cardio
9.30 – 10.15am	Zumba	Julie M	2	Dance
10.30 – 11.15am	Cardio Step	Julie M	2	Cardio