

1LEISURE MEDINA FITNESS CLASS TIMETABLE

Sept 2024

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