

1LEISURE HEIGHTS FITNESS CLASS TIMETABLE

Sept 2024

MONDAY

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

TUESDAY

Time	Class	Instructor	Studio	Type
6.00 to 6.45am	Circuit	Joe	1	Strength
9.00 to 9.45am	Aquacise	Tina	Main Pool	Pool
9.30 to 10.15am	Cyclone	Jess	Cyclone	Cardio
9.30 to 10.15am	15/15/15	Karen	1	Cardio
9.30 to 10.15am	Zumba	Julie M	2	Dance
10.30 to 11.15am	Bounce	Jess	1	Cardio
10.30 to 11.15am	Bums, Legs & Tums	Karen	2	Cardio
11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
12.00 to 1.00pm	Yoga for All	Julie C	2	Wellbeing
5.15 to 6.00pm	Pure Tone	Karen	2	Strength
5.15 to 6.00pm	Cyclone	Sharon	Cyclone	Cardio
6.15 to 7.00pm	Zumba	Narisa	2	Dance
6.15 to 7.00pm	Pilates	Sharon	1	Wellbeing

WEDNESDAY

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

THURSDAY

Time	Class	Instructor	Studio	Type
6.00 to 6.45am	Cyclone	Joe	Cyclone	Cardio
9.00 to 9.45am	Aquacise	Tina	Main Pool	Pool
9.30 to 10.15am	Bums, Legs & Tums	Julie M	2	Cardio
9.30 to 10.15am	Beginners Pilates	Tim R	1	Wellbeing
10.30 to 11.15am	Zumba Gold	Narisa	2	Dance
11.00 to 11.45am	Aquacise	Tim	Main Pool	Pool
11.00 to 11.45am	Aquacise Deep	Tina	Main Pool	Pool
12.00 to 1.00pm	Yoga for All	Julie C	2	Wellbeing
5.15 to 6.00pm	Total Body Workout	Sharon	1	Cardio
6.15 to 7.00pm	Zumba	Narisa	2	Dance
6.15 to 7.00pm	Cyclone	Sharon	Cyclone	Cardio

FRIDAY

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

SATURDAY

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

SUNDAY

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