

| Time    | Monday                        | Tuesday                    | Wednesday                     | Thursday                | Friday                        | Saturday               | Sunday                     |
|---------|-------------------------------|----------------------------|-------------------------------|-------------------------|-------------------------------|------------------------|----------------------------|
| 6:00am  | BODYPUMP<br>60 mins           | BODYPUMP<br>45 mins        | BODYPUMP<br>30 mins           | BODYATTACK<br>45 mins   | BODYPUMP<br>60 mins           |                        |                            |
|         |                               | RPM<br>50 mins             | SPRINT<br>30 mins             | RPM<br>50 mins          | SPRINT<br>30 mins             |                        |                            |
| 6:15am  | SWEAT<br>45 mins              | SWEAT<br>45 mins           | SWEAT<br>45 mins              | SWEAT<br>45 mins        | SWEAT<br>45 mins              |                        |                            |
|         | SPRINT<br>30 mins             |                            |                               |                         |                               |                        |                            |
| 6:30am  |                               |                            | CORE<br>30 mins               |                         |                               |                        |                            |
| 7:00am  | SWEAT<br>45 mins              |                            | SWEAT<br>45 mins              |                         |                               |                        |                            |
| 7:10am  |                               |                            |                               |                         |                               | RPM<br>50 mins         |                            |
| 7:50am  |                               |                            |                               |                         |                               | Pilates<br>45 mins     |                            |
| 8:00am  |                               |                            |                               | Pilates<br>45 mins      |                               |                        |                            |
| 8:05am  |                               |                            | Yoga<br>75 mins               |                         |                               |                        | RPM<br>50 mins             |
| 8:40am  | Pilates<br>45 mins            | BODYPUMP<br>45 mins        |                               |                         | BODYCOMBAT<br>45 mins         |                        |                            |
| 8:45am  |                               |                            |                               | Classic Step<br>45 mins |                               | BODYATTACK<br>45 mins  |                            |
| 9:00am  |                               | Swim Squad<br>60 mins      |                               | Swim Squad<br>60 mins   |                               |                        | RPM<br>50 mins             |
| 9:15am  |                               |                            |                               |                         |                               | Aqua<br>45 mins        |                            |
| 9:30am  | RPM<br>50 mins                | Freestyle Cycle<br>50 mins | RPM<br>50 mins                | SPRINT<br>30 mins       | Freestyle Cycle<br>50 mins    | RPM<br>50 mins         |                            |
|         | BODYPUMP<br>60 mins           | BODYCOMBAT<br>60 mins      | BODYPUMP<br>60 mins           | BODYPUMP<br>60 mins     | BODYPUMP<br>30 mins           | BODYCOMBAT<br>60 mins  | Functional Step<br>60 mins |
|         | Aqua<br>45 mins               |                            | Gold Fitness<br>50 mins       | Gold Dance<br>50 mins   |                               |                        |                            |
| 10:00am |                               |                            |                               |                         | CORE<br>30 mins               |                        |                            |
|         |                               |                            |                               |                         | Aqua<br>45 mins               |                        |                            |
| 10:30am | Functional Fitness<br>30 mins |                            | Functional Fitness<br>30 mins |                         | Functional Fitness<br>30 mins | BODYPUMP<br>60 mins    |                            |
|         |                               | Gold Dance<br>50 mins      | Chair Yoga<br>60 mins         | Gold Pilates<br>60 mins |                               |                        |                            |
| 10:35am | SH'BAM<br>55 mins             | BODYBALANCE<br>60 mins     | SH'BAM<br>45 mins             | BODYBALANCE<br>60 mins  |                               |                        | BODYPUMP<br>30 mins        |
| 10:45am | Chair Yoga<br>60 mins         |                            | Aqua<br>45 mins               |                         | Pilates<br>60 mins            |                        |                            |
| 11:00am |                               | Gold Circuit<br>45 mins    |                               |                         |                               |                        |                            |
| 11:05am |                               |                            |                               |                         |                               |                        | CORE<br>30 mins            |
| 11:30am | Total Tone<br>60mins          |                            |                               |                         |                               | BODYBALANCE<br>60 mins |                            |
| 11:45am |                               |                            |                               |                         |                               |                        | Yoga<br>75 mins            |
| 12:30pm | SPRINT<br>30 mins             | BODYPUMP<br>45 mins        | SPRINT<br>30 mins             | BODYPUMP<br>45 mins     | RPM<br>50 mins                |                        |                            |
| 12:45pm |                               |                            |                               |                         |                               | BODY JAM<br>55 mins    |                            |
| 5:00pm  | Yoga<br>55 mins               |                            |                               |                         |                               |                        |                            |
| 5:15pm  |                               |                            | BODYCOMBAT<br>45 mins         |                         | BODYATTACK<br>45 mins         |                        |                            |
| 5:30pm  |                               | BODYPUMP<br>30 mins        |                               | BODYPUMP<br>60 mins     |                               |                        |                            |
| 6:00pm  | BODYATTACK<br>45 mins         | CORE<br>30 mins            | BODYPUMP<br>60 mins           | RPM<br>50 mins          |                               |                        |                            |
| 6:30pm  | RPM<br>50 mins                | SPRINT<br>30 mins          |                               |                         |                               |                        |                            |
|         |                               | Functional Step<br>45 mins |                               |                         |                               |                        |                            |
| 6:45pm  | BODYPUMP<br>45 mins           |                            |                               | Yoga<br>60 mins         |                               |                        |                            |

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

The Palms Community Centre

The timetable is correct at the time of printing.