

# INDOOR CLASS TIMETABLE

FROM 04.01.22

## MONDAY

07:10 - 07:50	Studio Cycling	Spin Studio	John
08:10 - 08:50	Box Fit	Fitness Studio	John
12:30 - 13:00	Core Strength <b>HYBRID</b>	Fitness Studio	Kathleen
13:10 - 13:50	Bootcamp	Ancillary Hall	Garreth
13:10 - 13:50	Studio Cycling	Spin Studio	Daniel
16:10 - 16:50	Yogalates*	Fitness Studio	Catriona
17:10 - 17:50	Studio Cycling	Spin Studio	Daniel
17:10 - 17:50	Power Pump	Fitness Studio	Rebecca
18:10 - 19:00	FRC Lower Body <b>HYBRID</b>	Fitness Studio	Mark
18:15 - 18:45	Core Strength	Ancillary Hall	Catriona

## TUESDAY

07:10 - 07:50	Bootcamp	Ancillary Hall	Kathleen
08:10 - 08:40	Core Strength	Ancillary Hall	Mark
12:10 - 12:50	Yogalates*	Fitness Studio	Catriona
12:30 - 13:00	HIIT	Ancillary Hall	Kathleen
13:10 - 13:50	Power Pump	Fitness Studio	Catriona
13:10 - 14:00	Pilates* <b>HYBRID</b>	Boardroom	Karita
13:10 - 14:00	FRC Upper Body	Ancillary Hall	Mark
13:10 - 13:50	Studio Cycling	Spin Studio	Rebecca
16:10 - 16:50	Core Strength	Fitness Studio	Daniel
17:10 - 17:50	Functional Training	Ancillary Hall	Rebecca
18:10 - 18:50	Boxfit	Ancillary Hall	Garreth
18:30 - 19:00	Indoor Cycling	Spin Studio	John

## WEDNESDAY

07:10 - 07:50	Studio Cycling	Spin Studio	Rebecca
08:10 - 08:40	Core Strength <b>HYBRID</b>	Fitness Studio	Rebecca
12:10 - 12:40	Yogalates*	Fitness Studio	Catriona
13:10 - 13:50	Studio Cycling	Spin Studio	Garreth
13:10 - 13:50	Boxfit	Fitness Studio	John
16:10 - 16:50	Yogalates*	Fitness Studio	Kathleen
17:10 - 18:00	FRC Lower Body <b>HYBRID</b>	Fitness Studio	Mark
18:10 - 18:50	Functional Training	Ancillary Hall	Garreth
18:30 - 19:00	Indoor Cycling	Spin Studio	John
19:10 - 19:50	Bootcamp	Ancillary Hall	Daniel

## THURSDAY

07:10 - 07:50	Studio Cycling	Spin Studio	Instructor
08:10 - 08:50	Functional Training	Ancillary Hall	Instructor
12:30 - 13:00	HIIT	Fitness Studio	Instructor
13:10 - 13:50	Studio Cycling	Spin Studio	Instructor
17:15 - 17:45	HIIT	Ancillary Hall	Instructor
18:10 - 18:50	Studio Cycling	Spin Studio	Instructor

## FRIDAY

07:10 - 07:50	Studio Cycling	Spin Studio	Instructor
08:10 - 08:50	Kettlebell & Core	Ancillary Hall	Instructor
13:10 - 13:50	Studio Cycling	Spin Studio	Instructor
17:10 - 17:50	Bootcamp	Ancillary Hall	Instructor

## SATURDAY

10:15 - 10:55	Studio Cycling	Spin Studio	Instructor
11:05 - 12:05	Yoga* <b>HYBRID</b>	Fitness Studio	Clara
12:10 - 12:50	Functional Training	Fitness Studio	Instructor

\*Please bring your own mat