

Pyramids Class Timetable

Tuesday 23 April - Sunday 30 June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class Categories
POWER 6.30-7.00am Gym Team (G)	PRIMAL 6.30-7.00am Gym Team (G)	Functional Fit 6.30-7.15am Gym Team (G)	PRIMAL 6.30-7.00am Gym Team (G)	PLAY 6.30-7.00am Gym Team (G)	Spin 9.00-9.45am Pete (G)	Fit Bounce 9.00-10.00am Michaela (S)	Dance
Spin 7.00-7.45am Emma (G)	Yoga 7.00-7.55am Fredrika (GH)	Spin 7.00-7.45am Emma (G)	Spin 6.30-7.00am Emma (G)	Spin 7.00-7.45am Emma (G)	BodyPump 9.00-10.00am Bex (GH)	Legs, Bums & Tums 10.00-10.55am Hayley (GH)	High Energy
Kettlebells 9.30-10.00am Gym Team (G)	Fit Bounce 8.00-9.00am Michaela (S)	Piloxing 9.00-9.55am Sally (S)	Yoga 7.00-8.00am Frederika (S)	Aqua Fit 8.45-9.30am Ziggy (TP)	Triathlon Spin 10.00-12.00pm Trevor (G)	Core 11.00-11.25am Hayley (GH)	Indoor Cycling
Ashtanga Yoga 9.30-10.25am Karen (S)	Aqua Fit 9.00-9.45am Danielle (MP)	Pilates 10.00-10.45am Sally (S)	Aqua Fit 9.00-9.45am Danielle (MP)	Aerobics 9.30-10.30am Bex (GH)	BodyCombat 10.10-11.10am Bex (GH)	BodyBalance 11.30-12.30pm Frederika (GH)	Mind & Body
BodyCombat 10.30-11.25am Bex (S)	Legs, Bums & Tums 9.00-9.55am Sally (GH)	Pilates 10.45-11.30am Sally (S)	Ashtanga Yoga 9.00-10.00am Karen (GH)	Pilates 10.30-11.30am Bex (S)	BodyBalance 11.10-12.10pm Bex (GH)		Strength & Conditioning
BodyBalance 11.30-12.25pm Bex (S)	Lifting Techniques 9.05-10.00am Emma (S)	Aqua Fit 12.00-12.45pm Danielle (TP)	Strong by Zumba 9.30-10.25am Hazel (S)	Spin 12.00-12.30pm Bex (G)	Pilates 12.10-1.10pm Bex (GH)		Water Workout
Aqua Circuits 12.30-1.15pm Danielle (MP)	Yogalates 10.00-11.00am Nikki (GH)	COPD Maintenance 1.30-2.30pm Emma (GH)	Pilates 10.30-11.30am Nikki (S)	BodyCombat 12.00-12.45pm Jo (GH)			Low Impact
Spin 5.45-6.30pm Pete (G)	Spin 12.00-12.30pm Pete (G)	Fit Bounce 5.00-5.55pm Michaela (S)	Tai Chi 5.00-6.00pm Christian (S)	Fit Bounce 5.00-5.55pm Michaela (S)			
Booty Build 6.00-6.45pm Abbie (S)	Gym Antics 12.30-1.00pm Ant/Gym Team (G)	Legs, Bums & Tums 5.30-6.15pm Bex (GH)	Body Sculpt 5.30-6.25pm Jo (GH)	Fit Bounce 6.00-6.55pm Michaela (S)			
BodyCombat 6.30-7.25pm Bex (GH)	Tai Chi 5.00-5.55pm Christian (GH)	Boot Camp 6.00-6.45pm Dan (O)	Spin 6.00-6.45pm Pete (G)	Zumba 7.00-7.55pm Hazel (S)			
Running Group 6.30-7.30pm Emma/Lizzie (R)	Spin 6.00-6.45pm Danielle (G)	Fit Bounce 6.00-6.45pm Michaela (S)	BodyPump 6.30-7.25pm (GH)				
Box Fit 6.50-7.20pm Pete (S)	Legs, Bums & Tums 6.00-7.00pm Abbie (S)	HIIT 6.15-7.00pm Bex (GH)	Fitness Pilates 7.30-8.30pm Emma (GH)				
Boot Camp 7.30-8.15pm Pete (O)	BodyPump 6.30-7.30pm Jo (GH)	BodyCombat 7.00-7.55pm Bex (GH)					
BodyBalance 7.30-8.30pm Bex (GH)	Aqua Fit 7.05-7.50pm Danielle (TP)	Zumba 7.15-8.15pm Hazel (S)					
Tri Strength 8.00-9.00pm Trevor (S)	BodyBalance 7.30-8.30pm Frederika (GH)	BodyBalance 8.00-9.00pm Bex (GH)					

S studio
 G gym
 P plaza
 GH glasshouse
 MP main pool
 TP teaching pool
 O outdoor