

# GROUP FITNESS TIMETABLE

7 - 13 JUNE 2021

Online pre-bookings are essential for Group Fitness Classes. The following timetables are subject to change. Please visit our website group fitness timetable for the latest updates.  
[saaquatic.ymca.org.au/fitness/group-fitness-timetable](http://saaquatic.ymca.org.au/fitness/group-fitness-timetable)



# GROUP FITNESS STUDIO 7 - 13 JUNE

**16+** Must be 16+ years of age

	MON 7 JUNE	TUE 8 JUNE	WED 9 JUNE	THUR 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
5:45 AM	EPIC CARDIO 45 min	ULTIMATE BODY STRENGTH 45 min	ULTIMATE CARDIO SCULPT 16+ 45 min	EPIC POWER 45 min 16+	TOTAL BODY ENDURANCE 45 min		
6:15 AM						ULTIMATE BODY BURNOUT 45 min 16+	
7:15 AM				FUNCTIONAL FULL BODY CIRCUIT 45 min 16+		BODY WEIGHT CONDITIONING 45 min	
7:45 AM	MATURE MOVERS 45 min				MATURE MOVERS 45 min		
8:15 AM		FUNCTIONAL FULL BODY CIRCUIT NEW 45 min 16+	FUNCTIONAL FULL BODY CIRCUIT 16+ 45 min	DRU YOGA GENTLE 60 min		16+ BODYPUMP 45 min	BODYPUMP 45 min 16+
9:00 AM					BODYPUMP 60 min 16+		
9:15 AM	BUTTS, THIGHS & TUMMIES 45 min	BODYWEIGHT CONDITIONING 45 min	TOTAL UPPER BODY BURN 45 min	FLEX, SCULPT & TONE PILATES 60 min		BODYATTACK 45 min	FLEX, SCULPT & TONE PILATES 45 min
10:15 AM	TOTAL UPPERBODY BURN 45 min 16+	BODYPUMP LOW IMPACT 45 min 16+	BUTTS, THIGHS & TUMMIES 45 min	BODYPUMP 60 min 16+	LOWER BODY BLAST 45 min	BODYBALANCE 60 min	BODYBALANCE 60 min
11:15 AM		BODYBALANCE 60 min		HATHA YOGA 60 min			
11:30 AM							VERAFLOW 60 min
12:15 PM				NIDRA YOGA 30 min			
4:30 PM						RAJA YOGA 60 min	
4:45 PM			16+ BODYPUMP 45 min				
5:00 PM	BODYATTACK 45 min	EPIC POWER 45 min 16+			ULTIMATE BODY POWER 45 min		
5:45 PM			ZUMBA 45 min	PILATES 45 min			
6:00 PM	ULTIMATE STEP POWER 45 min	ZUMBA 45 min			ZUMBA 45 min		
6:45 PM			POWER BALANCE 60 min	YOGA 45 min			
7:00 PM	BODYPUMP 60 min 16+	VERAFLOW 60 min			YOGA FOR STRESS RELIEF 60 min		
7:45 PM				MINDFUL BLISS 45 min			

# CYCLE STUDIO 7 - 13 JUNE

	MON 7 JUNE	TUE 8 JUNE	WED 9 JUNE	THUR 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
5:45 AM		SPIN 45 min	SPIN POWER 45 min	SPIN 45 min	SCHWINN 45 min		
6:15 AM						SPIN POWER 45 min	
7:15 AM	RPM 45 min	SPIN 45 min	SPIN 45 min				
8:15 AM				SPIN 45 min	SPIN POWER 45 min		
8:45 AM						RPM 45 min	
9:15 AM	RPM 45 min	SCHWINN 45 min	RPM 45 min	SPIN 45 min	SPIN POWER 45 min		SPIN 45 min
9:45 AM						RPM 45 min	
5:45 PM	SPIN ENDURANCE 90 min	SPIN 45 min	RPM 45 min	RPM 45 min			

# OUTDOOR GARDEN AREA 7 - 13 JUNE

	MON 7 JUNE	TUE 8 JUNE	WED 9 JUNE	THUR 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
9:15 AM				BODY WEIGHT CONDITIONING 45 min			



# WELLNESS ROOM 7 - 13 JUNE

	MON 7 JUNE	TUE 8 JUNE	WED 9 JUNE	THUR 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
5:45 AM		HATHA YOGA 60 min					
7:45 AM							
8:15 AM		YOGA GENTLE 45 min					
9:15 AM		PILATES 60 min	POWER BALANCE 45 min				
10:15 AM	BODYBALANCE 60 min	MINDFUL BLISS 45 min	VINYASA YOGA 60 min				
5:45 PM			HATHA YOGA 45 min				
6:00 PM		BUTTS, THIGHS & TUMMIES 45 min					
6:15 PM	PILATES 45 min						
7:00 PM		FLEX, SCULPT & TONE 60 min	HATHA YOGA GENTLE 45 min				
7:15 PM	BODYBALANCE 60 min						

**CAN'T FIND YOUR CLASS?**  
 Check under classes listed in the Group Fitness Studio as many Wellness Room classes have moved for the event.

# AQUA 7 - 13 JUNE

 Temporary additional class for event

	MON 7 JUNE	TUE 8 JUNE	WED 9 JUNE	THUR 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
6:00 AM	AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min		
	AQUA HIIT (D) 60 min	DEEP WATER RUNNING 60 min					
7:00 AM			 AQUA (S) 55 min	 AQUA (S) 55 min			
8:00 AM	AQUA HIIT (S) 60 min	KICK, SPLASH, JAB (S) 60 min	TOTAL BODY STRENGTH (S) 60 min	AQUA (S) 60 min	TABATA GYMSTICKS (S) 60 min		
	AQUA (D) 60 min	AQUA (D) 60 min					
9:15 AM	AQUA (S) 45 min	TOTAL BODY STRENGTH (S) 45 min		AQUA ULTIMATE (S) 45 min	KICK, SPLASH, JAB (S) 45 min		
10:00 AM							
10:15 AM							
1:00 PM						AQUA ZUMBA (S) 45 min	AQUA (S) 50 min
2:00 PM							AQUA (S) 50 min
7:00 PM	STROKE CORRECTION (D) 60 min						
7:15 PM	AQUA ZUMBA (S) 45 min						
7:30 PM					AQUA DISCO (S) 45 min		

# REFORMERS STUDIO 7 - 13 JUNE

	MON 7 JUNE	TUE 8 JUNE	WED 9 JUNE	THUR 10 JUNE	FRI 11 JUNE	SAT 12 JUNE	SUN 13 JUNE
6:00 AM			REFORMER PILATES 45 min	REFORMER PILATES 45 min			
6:15 AM			<b>NEW</b>		REFORMER PILATES 45 min		
7:00 AM			REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES 45 min			
7:15 AM					REFORMER PILATES 45 min		
8:00 AM			REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES 45 min			
8:15 AM	REFORMER PILATES 45 min						
9:15 AM	REFORMER PILATES 45 min		REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES 45 min	REFORMER PILATES FOR RECOVERY <b>NEW</b> 45 min
10:15 AM			REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES 45 min	REFORMER PILATES FOR RECOVERY <b>NEW</b> 45 min
11:15 AM			REFORMER PILATES <b>NEW</b> 45 min	REFORMER PILATES <b>NEW</b> 45 min			REFORMER PILATES FOR RECOVERY <b>NEW</b> 45 min
5:00 PM	REFORMER PILATES 45 min						
6:00 PM	REFORMER PILATES 45 min						
7:00 PM	REFORMER PILATES 45 min						