

GROUP EXERCISE CLASSES

45 minutes classes

	MONDAY			TUESDAY		WEDNESDAY			THURSDAY		FRIDAY		SATURDAY	
6:00am	Reformer Pilates with Gytha			Yoga with Karyn		HIIT class with Lou					Reformer Pilates with Kelsey	Yoga Balance with Karyn		
6:30am														
7:00am	Aqua with Cassie	Swim Fit (Adult Squad)	Reformer Pilates with Gytha	Aqua HIIT with Cassie		Swim Fit (Adult Squad)	Aqua with Cassie	Aqua with Cassie		Reformer Pilates with Kelsey	Swim Fit (Adult Squad)	Reformer Pilates with Loren		
7:30am														
8:00am				Reformer Pilates with Sue		Deep Water Aqua with Cassie	Reformer Pilates with Sue					Reformer Pilates with Loren		
8:30am														
9:00am	Aqua with Audrey	Reformer Pilates with Loren		Aqua with Audrey	Reformer Pilates with Sue	Aqua Pilates With Audrey	Reformer Pilates with Sue	Aqua with Audrey	Reformer Pilates with Brenda	Aqua HIIT with Gabi	Reformer Pilates with Sue	Aqua w Audrey	Reformer Pilates with Loren	
9:30am						Mums & Bubs Yoga with Karyn			HITT Class with Gabi					
10am	Reformer Pilates with Loren								Reformer Pilates with Brenda					
11am				Aqua with Janet										
3:30pm														
4:00pm														
4:30pm				Deep Water Aqua with Audrey		Reformer Pilates with Loren			Deep Water Aqua with Audrey					
5:00pm				Reformer Pilates with Gytha										
5:30pm	Mat Pilates with Audrey					Reformer Pilates with Loren	Yoga with Karyn	Aqua HIIT with Gabi	Yoga with Karyn		Reformer Pilates with Sue		 Bundaberg Aquatic Centre	
6:00pm				Reformer Pilates with Gytha										