

HIGH INTENSITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am Core Circuit Carmela	9:15am Body Pump Shirley		9:15am Body Pump Shirley		8:45am Core Circuit Carmela	
6:15pm Body Pump KL	6:15pm Zumba Larissa		6:15pm Zumba Larissa		5:15pm Body Pump Suzanna	

MIND / BODY

9:15am Pilates Carole	7:15am Iyengar Yoga Susie	9:15am Core & More Carole	7:15am Iyengar Yoga Susie	9:15am Pilates Karen	8:15am Iyengar Yoga Susie	9:15am Pilates Yan Mei
10:15am Classical Yoga Cheryl			10:15am QiGong TaiChi Suzette		9:45am Core & More Carmela	10:15am Pilates Yan Mei
7:15PM Iyengar Yoga Anita	7:15pm Pilates Yan Mei		5:15pm Iyengar Yoga Susie			4:15pm Iyengar Yoga Susie
						5:15pm Iyengar Yoga Susie

**Boroondara Sports Complex
Temporary Group Fitness Timetable from 22/06/2020**

FUNCTIONAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am METCON Renee			6:15am METCON Renee	8:15am METCON Renee	
	9:15am Circuit Rose					

PRYME

	11:15am Super Seniors Kalinder		11:15am Super Seniors Kalinder			

AQUA

	9:30am AQUA Susan	8:30am DWR Janine	9:30am AQUA Susan	8:30am DWR Janine		
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