

Active April Timetable



Studio One	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:15AM		CX WORX 30min <i>Virtual</i>	BODYPUMP 45min <i>Virtual</i>			BODYPUMP 30min <i>Virtual</i>		
	5:25AM				BODYPUMP EXP. 30min <i>Jo</i>				
	6:00AM			Boxing 60min <i>Astrid</i>					
	6:35AM				GRIT PLYO 30min <i>Chris P</i>				
	7:10AM	BODYCOMBAT 55min <i>Virtual</i>		CX WORX 30min <i>Virtual</i>			BODYBALANCE 30min <i>Virtual</i>		
	7:30AM		BODYPUMP 45min <i>Virtual</i>		CX WORX 30min <i>Virtual</i>				
	7:45AM			BODYBALANCE 30min <i>Virtual</i>				Boxing 45min <i>Lou</i>	
	8:20AM						BODYATTACK 45min <i>Beth/Lou B</i>		
	8:45AM							BODYATTACK 45min <i>Lou B</i>	
	10:30AM							BODYCOMBAT 60min <i>Monica</i>	
	10:45AM	BODYSTEP 45min <i>Belinda</i>		PARC HIIT 45min <i>Lou B</i>	BODYPUMP 60min <i>Lou C</i>	Zumba 45min <i>Georgia</i>			
	11:35AM	PARC HIIT 30min <i>Nic H</i>	Core 30min <i>Jess R</i>	BODYPUMP 60min <i>Lou B</i>					
	12:10PM	STRONG by Zumba 60min <i>Chris S</i>	PARC Movers 60min <i>Chris S</i>	Boxing 60min <i>Pru</i>	PARC Movers 60min <i>Chris S</i>			SH'BAM 45min <i>Virtual</i>	CX WORX 30min <i>Virtual</i>
	1:15PM	BODYPUMP BEG. 25min <i>Virtual</i>		SH'BAM 45min <i>Virtual</i>	CX WORX 30min <i>Virtual</i>		BODYPUMP BEG. 25min <i>Virtual</i>	BODYPUMP 45min <i>Virtual</i>	
	2:30PM		PARC HIIT 30min <i>Nic H</i>						
	3:15PM	BODYBALANCE 30min <i>Virtual</i>	BODYCOMBAT 30min <i>Virtual</i>	BODYPUMP 30min <i>Virtual</i>	BODYBALANCE 30min <i>Virtual</i>	BODYPUMP 45min <i>Virtual</i>	CX WORX 30min <i>Virtual</i>	SH'BAM 45min <i>Virtual</i>	
	4:10PM		PARC Kids 30min <i>Amy & Tegan</i>		PARC Kids 30min <i>Amy & Tegan</i>	CX WORX 30min <i>Virtual</i>	BODYCOMBAT 60min <i>Virtual</i>	BODYCOMBAT BEG. 25min <i>Virtual</i>	
	5:00PM		BODYSTEP 45min <i>Anita</i>	GRIT STRENGTH 30min <i>Cara</i>	Boxing 45min <i>Claudia</i>				
	5:35PM	BODYATTACK 45min <i>Jess C</i>		BODYATTACK 45min <i>Pru</i>		BODYPUMP 45min <i>Mary</i>	BODYBALANCE 60min <i>Virtual</i>		
5:55PM				BODYATTACK 30min <i>Claire</i>					

	6.30PM			SH'BAM 45min <i>Amanda</i>	GRIT CARDIO 30min <i>Claire</i>	
	7.05PM		PARC HIIT 45min <i>Pru</i>		BODYPUMP 30min <i>Jess C</i>	BODYPUMP BEG. 25min <i>Virtual</i>
	7.40PM	BODYCOMBAT 60min <i>Kristy</i>		BODYPUMP 60min <i>Chris</i>		BODYBALANCE 60min <i>Virtual</i>
	7.50PM		Boxing 60min <i>Pru</i>		Zumba 60min <i>Georgia</i>	

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	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Two	6:00AM		BODYBALANCE 60min <i>Sofia</i>		Yogalates 60min <i>Noriko</i>	LES MILLS BARRE 45min <i>David</i>		
	7:10AM	BODYBALANCE 45min <i>Noriko</i>		Reformer 60min <i>Mary</i>	Tai Chi 45min <i>Noriko</i>			
	8:30AM		Warm Yoga 45min <i>Kate</i>					
	8:45AM	Meditation 30min <i>Astrid</i>						
	9:25AM	BODYBALANCE 60min <i>Erin</i>	Vinyasa Yoga 60min <i>Mary</i>		Mat Pilates 60min <i>Mary</i>	BODYBALANCE 60min <i>Mary</i>		
	10:45AM			BODYBALANCE 60min <i>Ash</i>	BODYBALANCE 60min <i>Astrid</i>			
	11:35AM	CX WORX 30min <i>Cassie</i>						
	12:00PM			Beginner Yoga 60min <i>Aranya</i>				
	12:10PM				Gita Yoga 60min <i>Alison</i>			
	1:35PM						Reformer 60min <i>Chris</i>	
	2:15PM	Yoga 45min <i>Mandy</i>				Tai Chi 45min <i>Noriko</i>		
	2:35PM						Reformer 60min <i>Chris</i>	
	4:00PM						BODYBALANCE 60min <i>David</i>	
	5:35PM			CX WORX 30min <i>Amanda</i>				
	6:10PM	Mat Pilates 60min <i>Suzie</i>	BODYBALANCE 60min <i>Mary</i>	BODYBALANCE 60min <i>Jess</i>	Mat Pilates 60min <i>Aranya</i>	LES MILLS BARRE 30min <i>Erin</i>		
7:15PM	Puma Yoga 60min <i>Kristie</i>		Reformer 60min <i>Noriko</i>		BODYBALANCE 60min <i>Erin</i>			

Active April Timetable

Cycle Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:15AM	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>		
	6:35AM	SPRINT 30min <i>Lisa</i>							
	7:10AM		RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>		RPM 45min <i>Virtual</i>	
	7:45AM						SPRINT 30min <i>Pru</i>		
	8:20AM						RPM 45min <i>Pru</i>	SPRINT 30min <i>Lisa</i>	
	8:30AM	SPRINT 30min <i>Astrid</i>	SPRINT 30min <i>Astrid</i>		SPRINT 30min <i>Mary</i>				
	9:25AM	RPM 45min <i>Cara</i>	Cycle HIIT 30min <i>Pru</i>	RPM 45min <i>Nic G</i>	RPM 45min <i>Nic G</i>	RPM 45min <i>Caz</i>	RPM 45min <i>Laura</i>	RPM 45min <i>Layla</i>	
	10:10AM		RPM BEGINNER 25min <i>Virtual</i>						
	11:00AM	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM BEGINNER 25min <i>Virtual</i>	Cycle HIIT 30min <i>Nic H</i>	RPM BEGINNER 25min <i>Virtual</i>	RPM BEGINNER 25min <i>Virtual</i>	RPM 45min <i>Virtual</i>	
	12:00PM	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	
	1:00PM	RPM 45min <i>Virtual</i>			RPM 45min <i>Virtual</i>		RPM BEGINNER 25min <i>Virtual</i>		
	2:00PM	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM 30min <i>Virtual</i>	RPM BEGINNER 25min <i>Virtual</i>	
	3:15PM	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>	RPM 45min <i>Virtual</i>		
	4:00PM							SPRINT 30min <i>Lou C</i>	
	4:30PM	SPRINT 30min <i>Mary</i>		SPRINT 30min <i>Veronica</i>			RPM 45min <i>Bree</i>		
	5:00PM				RPM 45min <i>Virtual</i>	SPRINT 30min <i>Mary</i>		RPM 45min <i>Virtual</i>	
	5:35PM	SPRINT 30min <i>Lou C</i>	SPRINT 30min <i>Mary</i>	SPRINT 30min <i>Veronica</i>					
	6:10PM				RPM 45min <i>Ian</i>	RPM 45min <i>Virtual</i>		RPM 30min <i>Virtual</i>	
	6:20PM	RPM 45min <i>Pru</i>							
6:30PM		Cycle HIIT 30min <i>Pru</i>	RPM 45min <i>Veronica</i>						
7:30PM	RPM BEGINNER 25min <i>Virtual</i>	RPM 45min <i>Virtual</i>		RPM 30min <i>Virtual</i>					

Active April Timetable



Gym Floor	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	8:00AM	Movers Active 30min <i>Kath & Paola</i>							
	10:30AM	Movers Active 30min <i>Kath & Nic H</i>		Movers Active 30min <i>Kath & Nic H</i>		Movers Active 30min <i>Jess & Nic H</i>			
	12:15PM	Powerzone Circuit 30min <i>Nic H</i>	Powerzone Cardio 30min <i>Alicia</i>	Powerzone Barre 30min <i>Cassie</i>	Powerzone Fly 30min <i>Cara</i>	Powerzone HIIT 30min <i>Pru</i>			
	4:15PM		Powerzone Fly 30min <i>Alicia</i>	Powerzone Cardio 30min <i>Leanne</i>	Powerzone Circuit 30min <i>Joel</i>	Powerzone Punch 30min <i>Claudia</i>			
	7:15PM		Powerzone HIIT 30min <i>Joel</i>	Powerzone Punch 30min <i>Rangi</i>	Powerzone Fly 30min <i>Joel</i>				
Foyer	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30PM			PARC Fit Run 60min <i>Nic & Jay</i>		PARC Fit Run 60min <i>Nic & Jay</i>				
50m Pool & Warm Water Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:40AM	FIT Swim 60min <i>Amy</i>			FIT Swim 60min <i>Amy</i>					
8:30AM	Deep Water FIT 45min <i>Kate</i>			Aqua HIIT 45min <i>Christine</i>	Deep Water Fit 45min <i>Mandy</i>				
9:30AM			Aqua Fit 45min <i>Christine</i>	Aqua Fit 45min <i>Chris</i>					
6:45PM	Aqua Fit 45min <i>Claudia</i>	Deep Water Fit 45min <i>Leanne</i>		Aqua Fit 45min <i>Narelle</i>	Aqua HIIT 45min <i>Nic G</i>				
7:35PM	Deep Water Fit 45min <i>Claudia</i>			Deep Water Running 45min <i>Narelle</i>					