

Onsite & Virtual Fitness

Timetable

Where: Instructor Meeting ID Password

Day	Time	Activity	Where	Instructor	Meeting ID	Password
Monday	07:00 - 07:30	H.I.I.T	Zoom	Claire	782 360 6202	ginganinja
	09:15 - 10:00	SPINCORE	CycloPark	Lisa		
	10:00 - 10:45	Parent and baby Spin	CycloPark	Lisa		
	12:00 - 13:00	Pilates	CycloPark	Dawn		
	17:15 - 17:45	H.I.I.T	Zoom	Kellie	760 143 3433	KillerK
	17:15 - 17:45	Express Spin	CycloPark	Di		
	18:00 - 18:45	Spin	CycloPark	Di		
	19:00 - 19:30	Park HIIT	CycloPark			
	19:00 - 20:00	Hatha Yoga	Zoom	Dawn	830 4209 8369	217788



Tuesday	07:00 - 07:30	H.I.I.T	CycloPark	Agnes		
	07:45 - 08:15	EXPRESS SPIN	CycloPark	Agnes		
	09:15 - 10:00	Kettlebells	CycloPark	Claire		
	10:15 - 10:45	EXPRESS SPIN	CycloPark	Claire		
	12:00 - 13:00	Hatha Yoga	Zoom	Jo	832 0034 0522	445145
	17:15 - 17:45	H.I.I.T	CP & Zoom	Kellie	760 143 3433	KillerK
	18:00 - 18:30	LBT	Zoom	Lisa	870 398 9093	1234
	18:00 - 18:45	SPIN	CycloPark	Kellie		
	18:00 - 19:00	Vinyasa Yoga	Zoom	Jo	869 7454 8997	032960
	19:00 - 19:30	PARKShred	CycloPark	Kellie		
	20:00 - 20:40	Zumba	CycloPark	Marnie		

Wednesday	07:00 - 07:30	H.I.I.T	CP & Zoom	Kellie	760 143 3433	KillerK
	09:30 - 10:00	EXPRESS SPIN	CycloPark	Kellie		
	10:15 - 10:45	LBT	CycloPark	Kellie		
	11:00 - 12:00	Pilates	CycloPark	Dawn		
	12:00 - 13:00	Zumba	Pilates	Marnie		
	17:15 - 17:45	H.I.I.T	CycloPark	Claire		
	18:00 - 18:45	Kettlebells	CycloPark	Claire		
	19:00 - 19:45	SPIN	CycloPark	Claire		
	19:45 - 20:45	Yogalates	Zoom	Dawn	839 6451 5370	503380



Thursday	06:45-07:45	SUNRISE YOGA	Zoom	Dawn	857 7680 3455	153296
	07:00 - 07:30	H.I.I.T	CycloPark	Kellie		
	07:45 - 08:15	EXPRESS SPIN	CycloPark	Kellie		
	09:15 - 09:45	PARKShred	CycloPark	Kellie		
	10:00 - 10:45	Parent and Baby Kettlebells	CycloPark	Kellie		
	12:00 - 13:00	Hatha Yoga	Zoom	Jo	885 0979 6743	426434
	17:15 - 17:45	H.I.I.T	Zoom	Lisa	870 398 9093	1234
	18:00 - 19:00	YIN Yoga	Zoom	Corrine	847 7173 8014	920849
	18:00 - 18:45	SPIN	CycloPark	Laura		
	19:00 - 19:45	L.B.T	CycloPark	Lisa		
19:30 - 20:30	Mindfulness, Life Coaching & Meditation	Zoom	Alison	603 764 3296	1984	

Friday	07:00 - 07:30	H.I.I.T	Zoom	Claire	782 360 6202	ginganinja
	09:00 - 09:45	SPIN	CycloPark	Laura		
	10:00 - 10:30	H.I.I.T	CycloPark	Laura		
	10:30 - 11:30	Pilates	CP & Zoom	Jo L	864 6189 9117	871765
	17:00- 17:30	Junior Zumba	CycloPark	Marnie		
	17:15 - 17:45	H.I.I.T	Zoom	Claire	782 360 6202	ginganinja
	18:30 - 19:15	SPIN	CycloPark	Kellie/Agnes		



Saturday	08:00 - 08:30	H.I.I.T	CycloPark	Kellie/Claire		
	08:00 - 09:00	Fusion Yoga	Zoom	Corinne	894 1806 2371	618257
	08:45 - 09:15	Spin	CycloPark	Kellie/Claire		
	09:30 - 10:00	Kettlebells	CycloPark	Kellie/Claire		
	10:15 - 11:00	Spin	CycloPark	Kellie/Claire		

Sunday	08:15 - 09:45	CORE30	CycloPark	Laura		
	09:00 - 09:45	SPIN	CycloPark	Laura		
	10:00 - 10:30	HIIT	CycloPark	Laura		