

GROUP FITNESS TIMETABLE

Classes subject to minor changes due to uptake and attendance numbers

GROUP FITNESS

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--------------------|--------------------------------|---------------------|---------------------|----------------------|----------------------|
| 5:30am | Y Bootcamp | | Y Bootcamp | HiIT | | |
| 5:45am | | metafit BODYWEIGHT TRAINING | | | | |
| 6:30am | | | | | | Y Bootcamp |
| 8:00am | | | | | | LESMILLS SH'BAM |
| 8:30am | | | | | | LESMILLS BODYBALANCE |
| 8:40am | | LESMILLS BODYBALANCE | | PrYme (GFH) Starter | LESMILLS BODYPUMP | |
| 9:00am | | | | | | LESMILLS BODYPUMP |
| 9:35am | LESMILLS BODYPUMP | ZUMBA FITNESS | LESMILLS BODYPUMP | LESMILLS BODYCOMBAT | LESMILLS BODYBALANCE | |
| 10:45am | PrYme (GFH) Active | | PrYme (GFH) Circuit | | ZUMBA FITNESS | |
| 5:25pm | BOXING | LESMILLS BODYCOMBAT | | PrYme (GFH) Circuit | | |
| 6:20pm | | | | BOXING | | |
| 6:35pm | LESMILLS SH'BAM | ZUMBA FITNESS | LESMILLS BODYPUMP | | | |

FUNCTIONAL TRAINING AREA

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|----------------------|-----------|----------|----------------------|----------|
| 9:00am | | PrYme (FTA) Strength | | | PrYme (FTA) Strength | |
| 2:00pm | | PrYme (FTA) Ironman | | | | |
| 5:40pm | | PrYme (FTA) Combo | | | | |
| 6:35pm | | HiIT | | | | |

RPM STUDIO TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|--------------|-----------|--------------|--------|--------------|
| 7:30am | | | | | | LESMILLS RPM |
| 8:30am | | | | | | LESMILLS RPM |
| 9:30am | | LESMILLS RPM | | LESMILLS RPM | | |
| 6:00pm | | | | LESMILLS RPM | | |

PILATES AND YOGA

Classroom Location:

* Group Fitness Room ▲

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------------|---------------|-------------------|---------------|----------------|-------------------|
| 8:25am | PILATES OPEN | | POWER PILATES ADV | | | POWER PILATES ADV |
| 9:30am | | | | | PILATES OPEN ▲ | |
| 10:00am | | | | | | GENTLE YOGA * |
| 10:45am | | GENTLE YOGA * | | GENTLE YOGA * | | |
| 5:25pm | | | POWER YOGA * | | | |
| 6:00pm | | | | | GENTLE YOGA * | |
| 6:30pm | PILATES OPEN ▲ | | | | | |

ADULT GYMNASTICS

* Casual class- \$20 per class*

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|------------------------|--------|----------|
| 6:00pm | | | | Strength and Handstand | | |

COUPON

YMCA JAMBOREE HEIGHTS
Bring a Friend
for **FREE***

Name: _____

Contact Number: _____

Expiry: _____

*Terms and Conditions Apply. First Time Users Only. Must attend with a member to use the coupon. Valid for one visit only. See Fitness Centre for further details.

