

GROUP FITNESS CLASSES

	Time	Class	Instructor
Monday	6.15am	Circuits (S)	Lewy
	9.30am	Prime (S)	Bill
	10.30am	Prime (S)	Bill
	12.30pm	Tabata (S)	Lewy
	6.00pm	Cycle (M)	Elnaz
	6.30pm	Yoga Fusion (M)	Parada
Tuesday	6.15am	Body Pump (S)	Steve
	9.30am	Zumba Gold (S)	Manuel
	9.30am	Prime (M)	Robyn
	10.30am	Prime (M)	Robyn
	6.00pm	Cycle (M)	Geoff
	6.00pm	Pilates (M)	Kim
Wednesday	6.15am	Circuits (S)	Lewy
	9.30am	Prime (S)	Bo
	10.30am	Prime (S)	Bo
	12.30pm	500s (S)	Lewy
	5.30pm	Yoga (M)	Parada
	6.30pm	Zumba (M)	Daphne

	Time	Class	Instructor
Thursday	6.15am	Circuits (S)	Alem
	9.30am	Prime (S)	Bill
	10.30am	Prime (S)	Nicola
	12.30pm	Circuits (S) 7th and 14th only	Steve M
	6.00pm	Cycle (M)	Elnaz
	7.00pm	Torso Tone (M)	Elnaz
Friday	6.15am	Circuits (S)	Alem
	8.25am	Zumba Gold (S)	Manuel
	9.00pm	Yoga (M) moves to 9.30 after July 22	Parada
	12.30pm	HIIT (S)	Lewy
	5.30pm	Cycle (M)	Geoff
Saturday	9.30am	HIIT (S)	Alem
	9.30am	Pilates (M)	Kim
	10.00am	Cycle	Elnaz
	11.00am	Yoga Fusion	Parada
Sunday	9.30am	Body Pump (S)	Allison
	10.30am	HITT	Allison

We endeavour to fill the Thursday 12.30pm Circuits with a permanent instructor as soon as possible.

(S) Stadium
(O) Outdoor
(M) Mezzanine

Thursday 12.30pm Circuits will only run on the 7th and 14th July
Friday 9.00am Yoga will change to 9.30am after July 22
Sunday classes will begin July 17



**NORTH MEBLOURNE
RECREATION CENTRE**