

ENGADINE GROUP FITNESS AND AQUA TIMETABLE

Monday August 2nd to Sunday August 29th

Sutherland Shire
COUNCIL



Week 1: 2/8/10 – 8/8/10
Week 2: 9/8/10 – 15/8/10
Week 3: 16/8/10 – 22/8/10
Week 4: 23/8/10 – 29/8/10

Note: Everyday at 5.45am we have a class, check out the changes. Tai Chi 4 Health Fridays at 11.30am. Freestyle circuits are 50 minute duration to allow for setup of equipment.

All classes 55 minutes EXCEPT those shaded grey which are 45 minutes. ELC Circuits are 50 mins for set up of circuit.

| | AEROBIC | | | | | | | | |
|---------|------------------------------|----------------------------------|-----------------------|----------------------------------|-------------------|-------------------------------------------------|---------|--------------------------|---------------------------------------|
| | Weekday | Mon | Tues | Wed | Thur | Fri | Weekend | Sat | Sun |
| 5.45am | BOXING Lucy | | | PUMP Raelene 1,2,4 Debby 3 | New Circuit Class | Freestyle CIRCUIT Lisa | | PUMP TECH Week 2 Dale | |
| 8.30am | | Freestyle CIRCUIT Christie | | | | | 8.30am | PUMP Dale | BODY STEP Geri 1, 3 Frauke 2, 4 |
| 9.30am | PUMP Frauke | Total Burn/Fitball LJ | BODY STEP Carmen | Power Hour Brigid | | PUMP Geri | 9.30am | Boxing Cazz | PUMP Geri 1,3 Frauke 2,4 |
| 10.30am | Body Balance Megan | YOGA LJ | Boxing Alison | Body Balance LJ | BODY STEP Geri | | | | |
| 11.30am | Lite Circuit Annie | | Lite Circuit Annie | | | TAI CHI 4 Health Annie, Annette, Debby | | | |
| 5.30pm | POWER HOUR Rachelle | PUMP Dale | COMBO Lisa | Freestyle CIRCUIT Rachelle | | | | | |
| 6.00pm | | | | | | Box Technique Lucy 1,3,4 Cazz 2 | | | |
| 6.15pm | | | | | | Boxing 6.15pm Lucy 1,3,4 Cazz 2 | | | |
| 6.30pm | Total Burn Christie | Boxing Cazz | BODY STEP Frauke | PUMP Geri | | | | | |
| 7.30pm | Freestyle CIRCUIT Cazz | | Body Balance Lee | BOXING Geri | | | | | |
| | AQUA | | | | | | | | |
| | Weekday | Mon | Tues | Wed | Thur | Fri | Weekend | Sat | Sun |
| 8.30am | | | | | | | 8.30am | Deep Annie | |
| 10.00am | Deep Annie | | | Deep Annie | | Deep Margaret | 9.00am | | Deep Ashley |

8 Week course limit to 15 people book at front desk

| | SPIN | | | | | | | | |
|---------|------------------|------------------|------|--------------------------------|----------------------------------|----------------------------------------------|---------|----------------|-----|
| | Weekday | Mon | Tues | Wed | Thur | Fri | Weekend | Sat | Sun |
| 5.45am | | Spin Lucy | | | Spin Raelene 1,2,4 Debby 3 | ← Changed to Thurs, try circuit on Friday | | | |
| 9.30am | | Spin Christie | | | Spin Emma W | | 9.30am | Spin Dale | |
| 10.30am | Spin Emma W | | | Spin Geri | | Spin Deb R 1,3,4 Debby 2 | | | |
| 5.45pm | Spin Christie | | | Spin Lucy 1,3,4 Frauke 2 | | | 4.00pm | Spin Frauke | |
| 6.45pm | | Spin Barbara | | | Spin Celia | | | | |

Management reserves the right to change style of class without notice in emergency situations.

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