

ENGADINE GROUP FITNESS AND AQUA TIMETABLE

Monday August 30th to September 26th 2010

Sutherland Shire
COUNCIL



Week 1: 30/8/10 – 5/9/10
Week 2: 6/9/10 – 12/9/10
Week 3: 13/9/10 – 19/9/10
Week 4: 20/9/10 – 26/9/10

**Note: ZUMBA is here Monday nights at 6.30pm.
TOTAL BURN now Wed nights at 5.30pm with
Natalie. We now RPM and Freestyle Spin.**

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 |
| AEROBIC | 5.45am | BOXING Lucy 1,2 Lachlan 3,4 | | PUMP Raelene | | Freestyle CIRCUIT Lisa | | PUMP TECH Week 2 Lee | |
| | 8.30am | | Freestyle CIRCUIT Amanda | | | | 8.30am | PUMP Lee | BODY STEP Frauke 1,2,3 Geri 4 |
| | 9.30am | PUMP Julie | Total Burn/Fitball Brigid | BODY STEP Geri | Power Hour Christie | PUMP Geri | 9.30am | Boxing Lachlan 2,3,4 Cazz 1 | PUMP Frauke 1,2,3 Lucy 4 |
| | 10.30am | Body Balance LJ 1,2 Lachlan 3,4 | YOGA LJ | Boxing Geri | Body Balance Lee | BODY STEP Geri | | | |
| | 11.30am | Lite Circuit Annie | | Lite Circuit Annie | | | | | |
| | 5.30pm | POWER HOUR Rachelle | PUMP Dale | TOTAL BURN Natalie | Freestyle CIRCUIT Ben | | | | |
| | 6.00pm | | | | | Box Technique Lucy 1,3,4 Lachlan 2 | | | |
| | 6.15pm | ZUMBA IS HERE AT 6.30 | | | | Boxing 6.15pm Lucy 1,3,4 Lachlan 2 | | | |
| | 6.30pm | ZUMBA Erin/Ashley | Boxing Christie 1, Lachlan 2,3,4 | BODY STEP Carmen 1, 3 Geri 2,4 | PUMP Geri | | | | |
| | 7.30pm | Freestyle CIRCUIT Cazz | | Body Balance Lee | BOXING Geri | | | | |
| AQUA | Weekday | Mon | Tues | Wed | Thur | Fri | Weekend | Sat | Sun |
| | 10.00am | Deep Annie | | Deep Annie | | Deep Margaret 1,4 Irene 2,3 | 8.30am | Deep Annie | Deep Cazz |
| SPIN | Weekday | Mon | Tues | Wed | Thur | Fri | Weekend | Sat | Sun |
| | 5.45am | | F/S or RPM Lachlan 1, Debby 2,3,4 | | F/S or RPM Raelene | | | | |
| | 9.30am | | F/S or RPM Ruth | | F/S or RPM Linda | | 9.30am | F/S or RPM Raelene 1, 4 Celia 2, Debby 3 | |
| | 10.30am | F/S or RPM Geri | | F/S or RPM Christie | | F/S or RPM Alison 1,3,4 Debby 2 | | | |
| | 5.45pm | F/S or RPM Christie 1, 2 Lachlan 3,4 | | F/S or RPM Lucy | | | 4.00pm | F/S or RPM Christie 1, Lachlan 2,3 Debby 4 | |
| 6.45pm | | F/S or RPM Barbara | | F/S or RPM Emma W 1, Ruth 2, Celia 3, Lachlan 4 | | | | | |

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

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