

SUTHERLAND GROUP FITNESS AND AQUA TIMETABLE

Monday 2nd August – Sunday 29th August 2010

Sutherland Shire
COUNCIL



Week 1: 02/08/10 – 08/08/10
Week 2: 09/08/10 – 15/08/10
Week 3: 16/08/10 – 22/08/10
Week 4: 23/08/10 – 29/08/10

ZUMBA coming to the timetable soon! Come and try it Sunday 29th August 9.30am – 11am. Class numbers are limited, so get here early!

All classes 55 minutes EXCEPT those shaded grey which are 45 minutes

	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	AEROBIC	6:00am	<u>Body Attack</u> Rachel	PUMP Deb R	Power Hour Jo	BOXING Alison	PUMP Raelene 1 Therese 2,3,4	7.00am	<u>Power Yoga</u> LJ 1,3 Megan 2,4
	8.15am	Body Balance LJ	MASTERS PUMP Frauke 1 Sharon 2,3,4	Low Impact Sharon	<u>BODY STEP</u> Linda 1 Frauke 2,3,4	Low Impact Brigid	8.30am	HiLo Erin	<u>Body Attack</u> Barbara
	9:15am	Power Hour Geri	<u>BODY STEP</u> Frauke 1 Sharon 2,3,4	<u>Body Attack</u> Christie	PUMP Kerrie	Fatbuster Liz	9.30am	PUMP Jac 1,3,4 Melinda 2	BoDy JaM W4 Zumba Erin
	10:15am	<u>BODY STEP</u> Geri	PUMP Julie	Body Balance Megan	<u>Body Combat</u> Julie	PUMP Jac 1,3,4 Deb R 2	10.30am	<u>BODY STEP</u> Frauke 1,3 Melinda 2,4	
	11.15am		Body Balance Deb R		Body Balance Judy				
	12:15pm	PUMP Deb R		PUMP Kerrie		Body Balance Deb R			
		<u>2.15pm M.I.T</u> Megan 1,3 Kerrie 2,4					3.30pm	Power Hour Barbara/Brigid/Rachel	
	4:30pm	PUMP Therese 1,2,4 Geri 3	<u>Body Attack</u> Melinda	<u>BODY STEP</u> Geri	Power Hour Christie	PUMP Lee			
	5:30pm	Fatbuster Liz	PUMP Melinda	<u>Body Combat</u> Jo	<u>Body Attack</u> Dale	BoDy JaM Liz			PUMP Tech
	6:30pm	<u>Body Combat</u> Barbara	<u>BODY STEP</u> Frauke	<u>Body Attack</u> Karen	PUMP Dale	Body Balance LJ	4.30pm	Body Balance Tech <i>Week 1,3 only</i> Megan	PUMP Lee
	7:30pm		Body Balance LJ	PUMP Angela			5.00pm	Body Balance Megan 1,3 Judy 2,4	
							5.30pm		Body Balance Lee
SPIN	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	5.45am/ 6.00am	<u>5.45am</u> F/S or RPM Raelene	<u>6am</u> Freestyle Therese	<u>5.45am</u> RPM Christie	<u>6am</u> Freestyle Deb R	<u>5.45am</u> F/S or RPM Alison	7.15am	Freestyle 1 HR Karen 1,4 Raelene 2,3	
	8.15am	Gentle freestyle Frauke				Gentle freestyle Sharon	8.00am		RPM 1 HR Emma W 1,2 Christie 3,4
	9:15am	Freestyle Ruth	RPM Brigid	Freestyle Deb R	RPM Alison	Freestyle Celia	9.15am	RPM Ruth	Freestyle Lucy 1,3 Ruth 2,4
	10:15am	Freestyle Deb R		Freestyle Dale		RPM Ruth			
	11.15am		Freestyle Alison		F/S or RPM Dale				
	12:15pm					30 min Freestyle Frauke			
	4.15pm	Freestyle Lucy		RPM Rachel		RPM Brigid	4.15pm	F/S RPM Celia	
	5.15pm		RPM Emma W		Freestyle Melinda				
	6.15pm	RPM Angela	Freestyle Celia	FS or RPM Angela					
	7.15pm	FS or RPM Rachel 1,3 Karen 2,4			F/S or RPM Raelene 1 Emma W 2,3 Rachel 4				

CIRCUIT	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am	Lisa	Karen	Rachel	Christie	Karen 1,3 Raelene 2,4	7.30am	Jo	Lisa 1 Raelene 2,3,4
	8:30am	Mid Pace Brigid	Gentle/Beginners Aerobics Brigid	Light Ruth	Fitball Lite LJ	Body Balance <i>Beginner Options</i> Jac 1,3,4 Judy 2	8.30am	Light Geri	
	9:30am	Celia	Jen C 1 Frauke 2,3,4	Ruth	Celia	Alison	9.30am	Frauke 1 Christie 2 Aimee 3 Barbara 4	
	10:30am	<i>Gentle</i> Christie 1 Irene 2,3,4	Light Ruth	Mid Pace Emma W	Light Kerrie	Mid Pace Brigid			
	11.30am	Fitball LJ				<i>Gentle</i> Ruth			
	12:15pm	<i>Power Yoga</i> Megan							
	2.15pm				M.I.T. Therese 2 Ruth 4				
	4.30pm	Lee	Celia	Alison	Dale	Christie	4.00pm	Brigid 1 Jen C 2 Aimee 3,4	Lucy 1,3,4 Celia 2
	5.30pm	Lee	Linda 1 Natalie 2 Aimee 3,4	Alison	Linda 1 Rachel 2,3,4	Christie			
6.30pm	Ashley 1,2 Aimee 3,4	Karen	<i>Power Yoga</i> Megan 1,4 LJ 2,3	Jen C 1 Christie 2,3 Aimee 4					
7.30pm	Fitball LJ	Emma W	Lisa						
AQUA	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am		Power Christie 1,2 Aimee 3,4		Power Frauke		7.00am	Power Jac 1,3,4 Barbara 2	
	8:00am	Senior Judy	Senior Deb R	Senior Sue	Senior Brigid		8.00am	Combo Jac 1,3,4 Barbara 2	Power Cazz
	8:00am	Deep Ruth	Deep Judy	Deep Brigid	Deep Deb R				
	9:30am	Power Christie	Power Ruth	Interval Sharon		Power Dale	9.00am	Deep Athletic Lee	Deep Cazz
	9:30am/ 10.00am	Deep Athletic 10am Brigid 1 Robyn 2,3,4	Deep Jac 1,3,4 Jen C 2	Deep 10am Brigid	Deep Lee	Deep Athletic 10am LJ 1 Judy 2,3,4			
	10:30am	Gentle LJ	Gentle Brigid 1 Sharon 2,3,4	Gentle Judy	Gentle Lee	Gentle Alison			
	10.30am	Deep <i>Now 10am for winter</i>		Deep <i>Now 10am for winter</i>		Deep <i>Now 10am for winter</i>			
	11.30am	Aqua Rehab Margaret			Aqua Rehab Margaret				
	12.30pm	P.I.C. Margaret							
	2.15pm				M.I.T Therese 1,3				
	6.30pm		Power LJ		Combo LJ				
	7.15pm	Power Sue							
BOX	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	9:15am		CARDIOBOX Alison		Dale		9.30am	CARDIOBOX Geri	
	6:30pm	Celia		Alison					

Management reserves the right to change style of class without notice in emergency situations.
Minimum of 3 participants to hold a timetabled class.

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