

SUTHERLAND GROUP FITNESS AND AQUA TIMETABLE

Monday 30th August – Sunday 26th September 2010

Sutherland Shire
COUNCIL



Week 1: 30/08/10 – 05/09/10
Week 2: 06/09/10 – 12/09/10
Week 3: 13/09/10 – 19/09/10
Week 4: 20/09/10 – 26/09/10

ZUMBA classes this month – 8.15am Fridays & 4.30pm Saturdays. An introductory Zumba on Sunday 25th Sept 9.30am – 11.00am. Saturday Body Balance moved to circuit room (technique in boxing room). Sunday 9.30am Body Jam cancelled due to low numbers. Watch out for revised summer timetable in October.

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

	AEROBIC							SPIN		
	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun	
6:00am	Body Attack Rachel 1,3 Karen 2,4	PUMP Therese	Power Hour Karen 1,3 Jo 2,4	BOXING Daniel 1,3,4 Alison 2	PUMP Deb R	7.00am	<i>Power Yoga</i> LJ 1,3 Megan 2,4			
8.15am	Body Balance Megan 1,2,3 LJ 4	MASTERS PUMP Sharon	Low Impact Brigid	BODY STEP Linda	ZUMBA Ashley/Liz	8.30am	HiLo Erin 1,3 Liz 2,4	Body Attack Karen 1,2,4 Barbara 3		
9:15am	Power Hour Dale & Christie	BODY STEP Liz	Body Attack Dale	PUMP Julie	Fatbuster Liz 1,3 Jac 2,4	9.30am	PUMP Dale 1,2,4 Melinda 3	Intro to ZUMBA Week 4 only		
10:15am	BODY STEP Frauke	PUMP Kerrie	Body Balance Jen C	Body Combat Julie	PUMP Jac	10.30am	BODY STEP Linda			
11.15am		Body Balance Judy		Body Balance Deb R						
12:15pm	PUMP Frauke		PUMP Deb R		Body Balance Judy	3.30pm	Power Hour Alison 1 Brigid 2,3 Rachel 4			
	2.15pm M.I.T Megan 1,3 Kerrie 2,4					4.00pm		PUMP Tech		
4:30pm	PUMP Deb R	Body Attack Celia	BODY STEP Frauke	Power Hour Rachel	PUMP Kerrie	4.30pm	ZUMBA Erin/Liz	PUMP Lee		
5:30pm	Fatbuster LJ 1,2 Liz 3,4	PUMP Frauke	Body Combat Jo	Body Attack Melinda	BoDy JaM Erin	5.00pm	Body Balance <i>Moved to circuit Room</i>			
6:30pm	Body Combat Angela 1,3,4 Jo 2	BODY STEP Frauke	Body Attack Barbara	PUMP Melinda	Body Balance LJ 1,4 Jen C 2 Judy 3	5.30pm		Body Balance Lee 1 Lachlan 2,3,4		
7:30pm		Body Balance Jac	PUMP Jac							
Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun		
5.45am/ 6.00am	5.45am F/S or RPM Deb R	6am Freestyle Karen	5.45am RPM Emma W	6am Freestyle Therese	5.45am F/S or RPM Raelene	7.15am	Freestyle 1 HR Alison 1 Karen 2,4 Deb R 3			
8.15am	Gentle freestyle Emma W				Gentle freestyle Ruth 1,3,4 Sharon 2	8.00am		RPM 1 HR Therese 1 Lachlan 2,4 Emma W 3		
9:15am	Freestyle Celia	RPM Sharon	Freestyle Ruth	RPM Deb R	Freestyle Dale	9.15am	RPM Emma W 1,3 Sharon 2 Celia 4	Freestyle Lucy 1,3 Raelene 2 Barbara 4		
10:15am	Freestyle Dale		Freestyle Sharon		RPM Brigid					
11.15am		Freestyle Deb R		F/S or RPM Brigid						
12:15pm					30 min Freestyle Frauke					
4.15pm	Freestyle Lucy		RPM Alison		RPM Rachel 1 Christie 2,4 Deb R 3	4.15pm	F/S RPM Barbara 1,2,4 Frauke 3			
5.15pm		RPM Christie		Freestyle Celia						
6.15pm	RPM Therese	Freestyle Celia	FS or RPM Angela 1,3,4 Karen 2							
7.15pm	FS or RPM Karen 1,3 Rachel 2 Christie 4			F/S or RPM Dale						

CIRCUIT	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am	Raelene	Rachel	Lisa	Natalie	Christie	7.30am	Jac	Jo
	8:30am	Mid Pace Ruth	Gentle/Beginners Aerobics Frauke	Light Jen C	Fitball Lite LJ	Body Balance Beginner Options Deb R 1,2,3 Megan 4	8.30am	Light Geri	
	9:30am	Emma W	Julie	Lee	Brigid	Celia	9.30am	Ruth 1,3,4 Aimee 2	
	10:30am	Gentle Christie	Light Emma W	Mid Pace Dale	Light Brigid	Mid Pace Ruth 1,3,4 Dale 2			
	11.30am	Fitball Judy 1 Jen C 2,3 LJ 4				Gentle Emma W			
	12:15pm	Power Yoga Megan 1,3 LJ 2,4							
	2.15pm				M.I.T. Therese 2,4				
	4.30pm	Lee	Melinda	Lee	Dale	Ruth 1,3,4 Brigid 2	4.00pm	Ben	Lucy 1,4 Julie 2,3
	5.30pm	Lee	Melinda	Celia	Dale	Ruth 1,3,4 Jen C 2	5.00pm	Body Balance LJ 1,4 Jen C 2 Judy 3	
6.30pm	Aimee	Karen	Power Yoga LJ 1 Megan 2,3,4	Natalie					
7.30pm	Fitball LJ 1,2 Lachlan 3 Jen C 4	Natalie	Barbara						
AQUA	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am		Power Christie 1,2,3 Lachlan 4		Power Cheryl		7.00am	Power Barbara	
	8:00am	Senior Robyn	Senior Jac	Senior Sharon	Senior Jen C		8.00am	Combo Ruth 1,3,4 Aimee 2	Power Ashley
	8:00am	Deep Judy	Deep Alison	Deep Deb R	Deep Brigid				
	9:30am	Power Ruth	Power Emma W	Interval Judy		Power Ashley	9.00am	Deep Athletic Jac	Deep Ashley
	9:30am/ 10.00am	Deep Athletic 10am Deb R	Deep Jac	Deep 10am Margaret 1,2,4 Deb R 3	Deep LJ	Deep Athletic 10am Emma W			
	10:30am	Gentle Ruth	Gentle Sharon	Gentle Judy	Gentle Emma W	Gentle Judy			
	10.30am	Deep Back in Oct		Deep Back in Oct		Deep Back in Oct			
	11.30am	Aqua Rehab Margaret 1,2,4 Irene 3			Aqua Rehab Margaret 1,2,4 Alison 3				
	12.30pm	P.I.C. Margaret 1,2,4 Irene 3							
2.15pm				M.I.T. Therese 1,3					
6.30pm		Power Jac		Combo Aimee 1,2,3 Sue 4					
7.15pm	Power Sue								
BOX	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	9:15am		CARDIOBOX Alison		Alison		9.30am	CARDIOBOX Geri	
	6.30pm	Daniel 1,2,3 Barbara 4		Celia			4.30pm	Body Balance Technique 1,3 only	

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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