

Centenary Fitness Centre

Group Fitness Timetable



Starts Monday 21st June 2010

	MON	TUES	WED	THUR	FRI	SAT
5:45 AM	Cycle *		Cycle*	Tone & Condition	Cycle*	
6:00 AM		Tone & Condition*				
6:30 AM					Pilates	
7:30 AM						Cycle**
8:15 AM						Tone* & Condition
9:00 AM					Circuit*	Yoga
10:00 AM						
11:00 AM	Pilates	Ab's Blaster**	Pilates			
12:15 PM			Circuit*		Circuit**	
5:15 PM		Yoga*				
5:30 PM		Fit 2 Box		Fit 2 Box		
5:45 PM	Tone & Condition			Pilates		
6:00 PM		Cycle *	Cycle*			
6:35 PM			ZUMBA*			

All classes are 1 Hour classes unless otherwise specified

*Denotes 45 minute class ** 30 minute class

Winter Timetable