



MARION LEISURE & FITNESS CENTRE

GROUP FITNESS TIMETABLE



STUDIO ONE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15 am					Body Pump		
8:00 am						Body Pump	
8:45 am	Body Pump*	Body Attack*	Body Combat*	Body Pump*	Body Step*		
9:00 am						Body Attack	Body Pump
9:30 am	Body Attack	Body Step	Body Pump	Body Attack	Body Pump		
10:00 am						Body Balance	Body Step
10:30 am	Pilates/ Chi Ball	Body Balance		Pilates	Body Balance		
11:00 am						Body Combat	
4:30 pm	Body Pump				RPM		
5:30 pm	Body Attack	Body Pump	Body Step	Body Combat			
6:30 pm	Body Balance	Fat Burner	Zumba	Body Pump			
7:30 pm	Zumba	Body Balance	Body Balance	Pilates			

*Denotes a 45-minute class.

Please note instructors and classes may change without notice.

STUDIO TWO

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15 am	RPM	RPM	RPM	RPM	RPM		
8:00 am						RPM	
8:45 am			RPM		RPM	RPM	
9:30 am	RPM	Fit4 Life	Fit 4 Life	Fit4 Life	Fit 4 Life (9.40am start)		
10.00 am							RPM
4:30 pm					RPM		
5:30 pm	RPM			RPM			
5:45 pm		RPM	RPM				
6:30 pm	RPM	RPM					

**Denotes a 45-minute class.*

Please note instructors and classes may change without notice.