

# Ashburton Pool & Recreation Centre Temporary Group Fitness Timetable from 29/06/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL	6:15am Functional Circuit Lachlan	9:15am Circuit Lachlan	6:15am Functional Circuit Lachlan	6:15am Circuit Deb	6:15am Functional Training Lachlan	9:15am Circuit Lachlan	10:00am CX WORX Belinda
	9:15am Circuit Deb				9:15am Circuit Lachlan		
PRYME	12:00pm Active Movers Dianne	11:30am Zumba Gold Claudia	10:45am Zumba Gold Florence	12:00pm Active Movers Anne	10:15am Strength & Balance Nat		
			12:00pm Active Movers Anne		12:00pm Fit & Fab Deb		
AQUA	7:30am High Intensity Deb	7:30am Aquacise Natalie E	7:30am Aquacise Caroline	7:00am Deep Water Running Linda	7:30am Aquacise Natalie E		9:00am Aquacise TBC
	9:00am Aquacise Deb	9:00am High Intensity Natalie E	9:00am Aquacise Bill	9:00am High Intensity Natalie R	9:00am Aquacise Natalie E		
	7:00pm High Intensity Cristina	3:00pm Aqua Movers Bill	7:00pm High Intensity Helen	3:00pm Aqua Movers Bill	6:30pm High Intensity Caroline		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIGH INTENSITY</b>	9:15am Body Pump Amanda	6:15am Body Step Allison	9:15am Body Step Lisa	6:15am Body Pump Lachlan	9:15am Body Pump Lisa	8:30am Freestyle Step Peita	9:00am Body Step Belinda
	10:45am Freestyle Step Mel	6:30pm Body Pump Sav	5:30pm Body Pump Lachlan	10:45am Body Pump Helen	10:45am Freestyle Step Mel	9:30am Body Step Cristina	10:45am Sh'bam Belinda
	5:45pm Body Step Robyn		6:30pm Freestyle Step Arena	5:30pm Body Step Cristina	6:00pm Sh'bam Naomi	10:30am Body Pump Lachlan	
	7:00pm Body Pump Robyn						
<b>MIND / BODY</b>	10:45AM Dynamic Yoga Amanda	9:15am Body Balance Amanda	10:00am Yoga Kristian	9:15am Synergy Ruth	12:00pm Yoga Ellen	10:30am Yoga Maree	9:00am Hatha Yoga Margaret
	2:30pm Tai Chi Margaret	10:45am Dynamic Yoga Amanda	12:30pm Body Balance Helen	10:45am Dynamic Yoga Amanda		2:00pm Body Balance Helen	10:00am Hatha Yoga Margaret
		2:00pm Pilates Marie	2:30pm Tai Chi Margaret	2:00pm Pilates Maree			11:30am Body Balance Helen
		6:00pm Dynamic Yoga Amanda	6:30pm Body Balance Helen	8:30pm Body Balance Helen			5:00pm Yin Yoga Helen
<b>CYCLE</b>	6:15am Cycle Helen	6:15am Cycle Kathryn	6:15am Cycle Matt	9:15am Cycle Mel	6:15am Cycle Roger	8:15am Cycle Caroline	9:15am Cycle Caroline
	6:15pm Cycle/Circuit Lachlan	9:15am Cycle Mel	9:15am Cycle/Circuit Lachlan				