

# Group Exercise Timetable

■ High Intensity    
 ■ Mind & Body    
 ■ Mid Intensity    
 ■ Aqua & Swim Training

OUTDOOR GROUP EXERCISE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am   Luke Burn Bootcamp	9.30am   Danni Burn Bootcamp	9.30am   Josh Strength Bootcamp		9.30am   Danni Strength Bootcamp	9.00am   GymTeam Burn Bootcamp	9.30am   Daren Burn Bootcamp
10.35am   Daren Strength Bootcamp	10.30am   Josh Metcon	10.30am   Gym Team HYROX Foundational	10.30am   Luke S&C* Rackets		10.30am   Daren Pump	11.30am   Gym Team Metcon
6pm   Danni Burn Bootcamp	6pm   Fin HYROX Power	7pm   Danni HYROX Engine	6pm   Josh Burn Bootcamp	6.45pm   Fin HYROX Engine	12pm   GymTeam HYROX Complete	

INDOOR GROUP EXERCISE						
	S - Studio	T - Tarrant Room	O - Omnia Room	SP - Spin Studio	P - Pool	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am   Cameran   O Omnia Express	7am   Poppy   SP Freebeat Spin	7am   Josh   O Omnia Express	7am   Daren   SP Peak Spin	7am   Gym Team   O Omnia Express		
8am   Daren   SP Peak Spin	8am   Megan   S Morning Stretch	8.30am   Noel   S Tai Chi	8am   Danni   O Omnia 45	8am   Sanjiv   S Morning Yoga	8.30am   Daren   SP Peak Spin	8am   Anika   S Yoga
8.30am   Caroline   S Pilates	8am   Josh   O Omnia 45	8.30am   Luke   SP Peak Spin		8.30am   Vicky   SP Freebeat Spin	8.30am   Megan   S S&C* Yoga	8.30am   Daren   SP Peak Spin
9.10am   Maria   P Adult Swim Training	9.30am   Anika   T Stretch & Define	9.10am   Maria   P Adult Swim Training	9.30am   Caroline   T Pilates	9.10am   Maria   P Adult Swim Training	9.30am   Megan   T Pilates	9.30am   Cameran   SP Spin Circuit
9.30am   Rebekah   T Barrefit	9.30am   Daren   S Sweat	9.30am   Anika   T Power Yoga	9.30am   Alex   S Strength & Stamina	9.30am   Vicky   T Stretch & Define	9.30am   Daren   SP Spin Circuit	9.30am   Sarah-Anne   S Zumba
9.30am   Cameran   SP Spin Circuit	10am   Maggie   P Aqua	9.30am   Alex   S Body Blast	9.30am   Daren   SP Spin Circuit	9.30am   Perry   S Zumba	9.30am   Vicky   S LBT	
9.30am   Belinda   S Total Body Workout	10.30am   Anika   T Stretch & Define	10.30am   Amanda   S LBT	10.30am   Evie   S Total Body Tone	10am   Maggie   P Aqua	10.30am   Sanjiv   S Yoga	10.30am   Caroline   S Pilates
10.30am   Rebekah   S Stretch & Define		10.30am   Daren   SP Peak Spin	10.30am   Beverley   T S&C* Yoga	10.30am   Daren   S Step Circuit		
10.30am   Anika   T Pilates		10.30am   Sanjiv   T Yogalates				
11am   Josh   P Aqua	11am   Pamela   S Pilates	11am   Gym Team   P Aqua	11.30am   Evie   T Yin Yoga	11.30am   Rebekah   S Barrefit	11.30am   Sanjiv   S Yin Yoga Meditation	11.30am   Karen   S Vinyasa Yoga
11.30am   Maggie   S LBT			11.45am   Jennifer   S Jazz Dance	11.30am   Christina   T Yoga Therapy		
11.30am   Vicky   T Yoga	12pm   Sanjiv   S Cosmic Flow Yoga	12pm   Perry   S Zumba		12pm   Daren   SP Peak Spin		
1pm   Evie   S Yin Yoga		1pm   Perry   S Fit Steps	1pm   Shelley   S Body Blend	12.30pm   Rebekah   S Vinyasa Yoga		
	4pm   Megan   S Pilates	4.30pm   Caroline   S Body Blend	2pm   Megan   S Pilates for Rackets		3.30pm   Gym Team   O Omnia 45	3.30pm   SuLyone   S Yin and Yang Yoga
	5.30pm   Maggie   S LBT	5.30pm   Maggie   S LBT		5.30pm   Sarah-Anne   S LBT		4.30pm   SuLyone   S Family Yoga
6pm   Perry   S Zumba	6.30pm   Cameran   O Omnia Express	5.45pm   Dan   O Omnia Express	6.30pm   Megan   S Pilates	6pm   Luke   O Omnia Express		
7.15pm   Evie   S Vinyasa Yoga	6.30pm   Sarah-Anne   S Dance Fusion	6.25pm   Dan   O All About The Arms	7pm   Josh   O All About The Legs	6.30pm   Carol   S Vinyasa Yoga		
7.30pm   Josh   O Omnia Express	7.15pm   Fin   O Mobility For Sport	6.30pm   Vicky   S Yoga	7.30pm   Sanjiv   S Yoga Meditate/Relax			
8.15pm   Evie   S Yin Yoga	7.30pm   Anika   S Yogalates					

Please refer to the Technogym App for all sessions, durations & updates.

\*Strength & Conditioning

Sessions are bookable one day in advance, from 7am, via the Technogym app.

It is the responsibility of the member to book/cancel classes. You will receive notifications of bookings/cancellations.

