

# GESAC GROUP FITNESS TIMETABLE

Commencing 22 November 2021

Bookings required via member portal

| STUDIO WONDER |                        |                        |                        |                        |                        |                        |                        |
|---------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
|               | MON                    | TUES                   | WED                    | THURS                  | FRI                    | SAT                    | SUN                    |
| 6am           | BodyPump               | Dumbbell Circuit       | Les Mills Tone         | Dumbbell Circuit       | BodyPump               |                        |                        |
| 7am           | Virtual Les Mills Core | Virtual BodyPump       | Virtual BodyCombat     | Virtual Les Mills Core |                        |                        |                        |
| 8am           |                        |                        | Activate Strength      |                        |                        |                        |                        |
| 8.25am        | Activate Strength      | Virtual Les Mills Core |                        | Virtual Les Mills Core | Activate Strength      | BodyAttack             | BodyPump               |
| 9.25am        | BodyPump               | Dumbbell Circuit       | GRIT                   | BodyPump               | BodyStep               | BodyPump               | Zumba                  |
| 10.35am       | Zumba                  | Activate Strength      | Dance                  | Activate Circuit       | Virtual Les Mills Core | BodyCombat             | Virtual Les Mills Core |
| 11.30am       |                        | Zumba Gold             |                        |                        |                        |                        |                        |
| 12pm          | Virtual BodyPump       | Virtual Les Mills Core | Virtual BodyPump       | Virtual BodyCombat     | Virtual BodyPump       | Virtual Les Mills Core | Virtual BodyPump       |
| 4pm           | Virtual BodyPump       | Virtual Les Mills Core |                        |                        |                        | Virtual BodyPump       | Virtual Les Mills Core |
| 5pm           | Virtual Les Mills Core | Virtual BodyPump       | Virtual Les Mills Core | Virtual BodyPump       | Virtual BodyPump       | Virtual Les Mills Core | Virtual BodyPump       |
| 6pm           | BodyPump               | BodyCombat             | BodyPump               | Les Mills Tone         | Dance                  | Virtual Sh'Bam         | Virtual BodyCombat     |
| 7pm           | BodyAttack             | Sh'Bam                 | BodyStep               | Virtual Les Mills Core |                        |                        |                        |

Classes marked pink are broadcast to GEL Anywhere via Facebook

Classes marked in purple are broadcast to GEL Anywhere Plus via Zoom

Book through the member portal to access links to online classes.

| STUDIO TWO |                     |                 |                     |                     |                     |                     |                     |
|------------|---------------------|-----------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|            | MON                 | TUES            | WED                 | THURS               | FRI                 | SAT                 | SUN                 |
| 6.00am     | Boxing HIIT         | Virtual Yoga    | Virtual BodyBalance | Virtual Pilates     | Virtual Yoga        |                     |                     |
| 7.00am     | Dumbbell Circuit    |                 |                     |                     | Dumbbell Circuit    |                     |                     |
| 8.25am     |                     |                 | HIIT                |                     |                     |                     | Pilates             |
| 9.35am     | Flow Yoga           | Pilates         | Yin Yoga            | Boxing HIIT         | Pilates             | Pilates             | Barre               |
| 10.40am    | Beginners Yoga      | Vinyasa Yoga    |                     |                     | Beginners Yoga      | Vinyasa Yoga        | Virtual BodyBalance |
| 12pm       | Virtual BodyBalance | Virtual Pilates | Virtual Yoga        | Virtual BodyBalance | Virtual Pilates     | Virtual BodyBalance | Virtual Yoga        |
| 5.30pm     | HIIT                |                 |                     |                     |                     |                     |                     |
| 6.10pm     | Boxing HIIT         | Flow Yoga       | Core                | Virtual Pilates     | Virtual BodyBalance | Virtual BodyBalance | Virtual Yoga        |
| 7.10pm     | Vinyasa Yoga        | Beginners Yoga  | Virtual BodyBalance | Virtual Yoga        |                     |                     |                     |

| BIKE LAB |                |                |                |                |              |              |              |
|----------|----------------|----------------|----------------|----------------|--------------|--------------|--------------|
|          | MON            | TUES           | WED            | THURS          | FRI          | SAT          | SUN          |
| 6am      | Cycle          | The Trip       | RPM            | Cycle          | Sprint       |              |              |
| 7am      | Virtual Trip   | Virtual RPM    | Virtual Sprint | Virtual Trip   | Virtual RPM  |              |              |
| 8.25am   |                |                |                |                |              | The Trip     | Virtual Trip |
| 9.25am   | Cycle          | Cycle          | Cycle          | The Trip       | Cycle        | The Trip     | The Trip     |
| 12pm     | Virtual Trip   | Virtual RPM    | Virtual Sprint | Virtual Trip   | Virtual RPM  |              |              |
| 4pm      | Virtual Sprint | Virtual Trip   | Virtual RPM    | Virtual Trip   | Virtual RPM  | Virtual RPM  | Virtual Trip |
| 5pm      | Virtual Trip   | Virtual RPM    | Virtual Trip   | Virtual RPM    | Virtual Trip | Virtual Trip | Virtual RPM  |
| 6pm      | RPM            | Cycle          | RPM            | The Trip       |              |              |              |
| 7pm      | Virtual Trip   | Virtual Sprint | Virtual Trip   | Virtual Sprint |              |              |              |

| AQUA FITNESS |              |              |              |              |              |              |     |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
|              | MON          | TUES         | WED          | THURS        | FRI          | SAT          | SUN |
| 6.00am       | Swim Fit     |              | Swim Fit     |              |              |              |     |
| 7.30am       | Aqua Fitness |              |              |              | Aqua Fitness | Aqua Fitness |     |
| 8.30am       | Aqua Fitness | Aqua Fitness | Aqua Fitness | Aqua Fitness | Aqua Fitness |              |     |
| 9.30am       | Aqua Fitness | Aqua Fitness | Aqua Fitness | Aqua Fitness | Aqua Fitness |              |     |

| TRAINING ZONE |                     |                     |                     |                     |                     |      |      |
|---------------|---------------------|---------------------|---------------------|---------------------|---------------------|------|------|
|               | MON                 | TUES                | WED                 | THURS               | FRI                 | SAT  | SUN  |
| 6.00am        |                     |                     | HIIT                |                     | Functional Strength |      |      |
| 9.35am        | Functional Strength | HIIT                | Functional Strength | HIIT                |                     | HIIT | HIIT |
| 5.15pm        |                     |                     | HIIT                |                     |                     |      |      |
| 7.05pm        | HIIT                | Functional Strength |                     | Functional Strength |                     |      |      |