

GESAC GROUP FITNESS TIMETABLE

Commencing Monday 10 January 2022

Bookings required via member portal

STUDIO WONDER							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	BodyPump	Les Mills Tone	Bodypump	Virtual Circuit	BodyPump		
7am	Virtual Les Mills Core	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core			
8am			Activate Strength			BodyAttack	BodyPump
8.25am	Activate Strength	Zumba Gold		Virtual Les Mills Core	Activate Strength		
9am						BodyCombat	Zumba
9.30am	BodyPump	BodyAttack	Dance	BodyPump	BodyCombat		
10am						BodyPump	BodyStep
10.30am	Zumba	Activate Strength		Activate Circuit			
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		BodyStep	Virtual Les Mills Core			

STUDIO TWO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.10am			Virtual BodyBalance	Virtual Pilates	Virtual Yoga		
8am							Barre
9am						Pilates	Pilates
9.35am	Flow Yoga	Pilates	Yin Yoga	Restorative Yoga	Pilates		
10am						Vinyasa Yoga	
10.40am	Beginners Yoga	Vinyasa Yoga		Flow Yoga	Beginners Yoga		Virtual BodyBalance
12pm	Virtual BodyBalance	Virtual Pilates	Virtual Yoga	Virtual BodyBalance	Virtual Pilates	Virtual BodyBalance	Virtual Yoga
6.10pm	Vinyasa Yoga	Flow Yoga	Core		Virtual BodyBalance	Virtual BodyBalance	Virtual Yoga
7.10pm		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		
8am						The Trip	Virtual RPM
9am						The Trip	The Trip
9.25am	Cycle	Cycle	Cycle	The Trip	Cycle		
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 FITNES							
	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30am	Aqua				Aqua		
8.30am	Aqua	Aqua	Aqua	Aqua	Aqua		
9.30am	Aqua	Aqua	Aqua	Aqua	Aqua		

TRAINING ZONE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	Functional Strength		HIIT		Functional Strength		
8.30am						Functional Strength	
9.30am	Functional Strength	HIIT	Functional Strength	HIIT		HIIT	HIIT
5.30pm			HIIT				
7pm	HIIT	Functional Strength		Functional Strength			