

GROUP EXERCISE TIMETABLE STUDIO ONE & CYCLE STUDIO



TIMETABLE UPDATED 19TH OF FEBRUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM			HIIT 45	LES MILLS BODYPUMP 60	HIIT 60		
			JONO	ROWIE	CORY		
6.00AM	SPIN 45		SPIN 45		SPIN 45		
7:30AM	KATE	YOGA 60	ROWIE	YOGA 60	ROWIE		
8.00AM		FIONA		FIONA		LES MILLS BODYPUMP 60	
						RAKAPA	
9.00AM	YOGA 60			YOGA 60	PILATES 60		LES MILLS BODYPUMP 60
	RICO			FIONA	ABBY		ROWIE
9.15AM						HIIT 60	
10.15AM				STUDIO 1 UNAVAILABLE 10:30AM-11:30PM		JONO	SPIN 45
9:15AM						SPIN 45	ROWIE
12:15PM		SPIN 30				ROWIE	
10:30AM		KATE				YOGA 60	
						RICO	
10:30AM						WATER BASED TRAINING 60	
12:30PM			YOGA 60			ROWIE	
			FIONA				
5:30PM	LES MILLS BODYPUMP 60	<i>Konga</i> 60	PILATES 60	BOX HIIT 60			
	RAWINIA	AMANDA	ABBY	CORY			
5:30PM	SPIN 45	SPIN 45	SPIN 45				
	JONO	JONO	CORY				
6:45PM	ZUMBA gold 45	STUDIO 1 UNAVAILABLE 6:45PM-7:45PM	YOGA 60	ZUMBA 60			
	KIYO		RICO	JESSIKA			

Due to instructor availability, classes & instructors may be replaced at short notice. We apologise for any inconvenience.

Child minding hours:

Monday - Friday 9.00am - 10.00am & 10.30am - 11.30am
\$2 per child per session
CALL 8950 7706 TO BOOK - MAX 48 HOURS AHEAD
AGES 6 MONTHS - 8 YEARS
Splash Cafe: 12pm - 5pm Mondays to Sundays

Gym Staffed Hours 8am - 6pm Monday to Friday

Saturday: 7.30am - 1.30pm, Sunday: 8:30am - 1:30pm
Casual visits strictly ONLY during staffed hours
P: 08 8950 7706
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