

## WRIGHTINGTON - GROUP EXERCISE TIMETABLE

### EARLY MORNING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8.45am	Core	07.00am	Reps	08.00am	Pilates	07:00am	Reps	06:30am	Hyrox
9.30am	Louise	08:00am	Louise	09.00am	Amanda	08.00am	Louise	7:15am	Rob
		08.45am	Pilates					7:00am	Spin
		09.30am	Daisy					7:45am	Ian



### DAYTIME

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:35am	LGC	9:35am	Freestyle Dance	09.15am	Pilates	09:00am	Pilates	08:00am	Pilates
10:20am	Louise	10:20am	Amie	10.15am	Amanda	09:45am	Carol	08:45am	Louise
10:30am	Pilates	10:25am	Reps	10:25am	HIIT	10.00am	Aerotone	09.00am	Aerotone
11.15am	Louise	11:10am	Amie	11:10am	John	11.00am	John	09.45am	Louise
11.30am	Pilates	11.15am	Yoga	1.00om	Yoga	11:05am	Core	09:50am	HIIT
12.30pm	Laura	12.45pm	Erica	2.15pm	Erica	11:35am	John	10:35am	Louise
12:45pm	Zumba	12.50pm	Zumba	10.30am	Aqua	11:45am	Zumba	11:30am	Pilates
1:45pm	Amanda	1.35pm	Amie	11.15pm	Amanda	12:30am	Amanda	12:30pm	Amanda
11.30am	Aqua					1.00pm	Yoga	12:45pm	Zumba
12.15pm	Amanda					2.15pm	Kim	1:30pm	Amanda
								10:30	Aqua
								11.15am	Amanda

### WEEKENDS

SATURDAY		SUNDAY	
08:00am	Spin	09:00	Yoga
08:45am	John	10.15	Maxine
08:45am	Sports Yoga	09:45	Spin
09:45am	Jane	10:30	Ian
09:00am	Spin	10:45	HIIT
09:45am	John	11:30	Ian
10.00am	Aerotone		
10.45am	John		
10:50am	Core		
11:35am	John		

### EVENING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
6:00pm	Spin	6:15pm	Boot Camp	6:00pm	Reps	6:00pm	Boot Camp
6:45pm	Louise	7:15pm	John	7:00pm	Louise	6:50pm	John
6.15pm	Boot Camp	6:30pm	Hyrox	6:15pm	SPIN	6:30pm	Hyrox
7.15pm	John	7:30pm	Sam	7:00pm	LUKE	7:30pm	Rob
7.15pm	Yoga	7.30pm	Yoga	7:15pm	Pilates	7:00pm	Yoga
8.30pm	Maxine	8.30pm	Maxine	8:15pm	Amanda	8:15pm	Maxine