

# Victoria Park Pool

## Group Fitness Timetable

GF

Check notice-board and Facebook for updates or changes to class program.

## GROUP FITNESS - MAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning swimming	6.00am swimming squad cameron	6.00am swimming squad cameron	6.00am swimming squad cameron	6.00am swimming squad cameron	6.00am swimming squad cameron		
early morning	6.30am TRX Box combo mar	6.30am fight club jordo	7.00am yoga karine	6.30am zumba kea	6.30am TRX & abs combo mar		
mid morning	8.30am GOLD 55+ mar	10.00am pilates mike	9.00am pilates mike	10.00am GOLD 55+ mia	8.30am Abs & Stretch kea	10.00am fight club jordo	
lunch	10.00am ABT mar		10.00am mum's TRX abs&stretch kea		10.00am TRX & stretch kea	11.00am yoga karine	
late lunch	12.30pm zumba claudia	12.30pm aerobics jelena	12.30pm zumba claudia	12.30pm pilates mike	12.30pm zumba claudia		
afternoons in the pool							
early evening	5.30pm TRX jordo	5.30pm totally pumped mike	5.30pm fight club jordo	5.30pm pilates mike			
evening	6.30pm fight club jordo	6.30pm spin mike	6.45pm zumba claudia	6.30pm fight club mar			

If you would like a detailed description of each class grab the Group Fitness brochure from the gym area or ask our friendly staff.

- All classes are 45 minutes in duration.