TERM 4 GYM & FITNESS TIMETABLE 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		STRENGTH & CONDITIONING GYM		HIIT CLASS GYM			
8:00am						Yoga (GFS) --- Strength (GYM)	
9:00am			Zumba (9:30am) GFS	Pilates GFS	Zumba (9:30am) GFS	Zumba (9:15am)	Zumba
10:00am		Pilates MP1					Pilates
11:00am	Gentle Exercise MP1	Slow Flow Yoga (11:30am) GFS		Slow Flow Yoga (11:30am) GFS			
12:00pm					Gentle Exercise GFS		
5:00pm	Yoga (5:45pm)	Tai Chi (5:45pm)	Yoga (5:45pm)		Yoga		
7:00PM	Zumba		Zumba				

PCYC

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