

BRUNSWICK BATHS

GROUP FITNESS TIMETABLE

Monday 8 September

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6.00 am	SWIM SQUAD	6.00 am	SWIM SQUAD	6.00 am	SWIM SQUAD	6.00 am	SWIM SQUAD	6.00 am	SWIM SQUAD	8.00 am	PILATES	8.30 am	YOGA
6.00 am	BODY PUMP	6.00 am	30 MIN EXPRESS ADRENALINE	6.00 am	BODY PUMP	6.15 am	RPM	6.00 am	BODY PUMP	9.00 am	PILATES	9.00 am	BODY PUMP
7.15 am	ADRENALINE HIT	6.15 am	RPM	6.15 am	ADRENALINE HIT	7.00 am	YOGA	6.00 am	RPM	8.30 am	ADRENALINE X	9.30 am	ADRENALINE X
7.15 am	Q FIT	6.30 am	30MIN EXPRESS ADRENALINE	7.00 am	BARRE	7.15 am	ADRENALINE STRENGTH	6.30 am	PILATES	9.00 am	CYCLE	9.30 am	Q FIT MOBILITY
8.00 am	AQUA SENIORS	7.00 am	BOXING	7.15 am	Q FIT	8.00 am	AQUA SENIORS	7.15 am	ADRENALINE HIT	9.00 am	BODY ATTACK	10.00 am	RPM
9.00 am	DEEP WATER RUNNING	7.15 am	ADRENALINE STRENGTH	8.00 am	AQUA SENIORS	9.00 am	BODY PUMP	8.00 am	Q FIT	9.30 am	ADRENALINE X	10.30 am	YOGA
9.30 am	CYCLE	8.00 am	AQUA SENIORS	9.00 am	DEEP WATER RUNNING	9.30 am	BOXING	7.15 am	AQUA SENIORS	10.00 am	BODY PUMP	4.00 pm	BODY PUMP
9.30 am	ZUMBA GOLD	8.30 am	BODY BALANCE	9.30 am	CYCLE	10.30 am	ACTIVE STRENGTH	8.00 am	DEEP WATER RUNNING	10.00 am	YOGA	4.00 pm	BOXING
9.30 am	ACTIVE LIVING	9.00 am	PILATES	9.30 am	ACTIVE LIVING	10.30 am	ACTIVE LIVING	9.00 am	ACTIVE LIVING	11.00 am	BODY BALANCE	4.00 pm	VIRTUAL SPIN
10.30 am	ACTIVE LIVING	9.30 am	CYCLE	10.30 am	BODY PUMP	11.00 pm	YIN YOGA	9.30 am	ACTIVE LIVING	12.00 pm	VIRTUAL SPIN	4:00 pm	WATER WORKOUT
11.00 am	ACTIVE LIVING	9.30 am	ACTIVE MOVERS	10.30 am	ACTIVE LIVING	12.00 pm	YIN YOGA	9.30 am	BODY PUMP	3.30 pm	WATER WORKOUT	5.00 pm	BODY BALANCE
12.00 pm	VIRTUAL SPIN	9.30 am	ACTIVE LIVING	10.30 am	ACTIVE LIVING	12.00 pm	VIRTUAL SPIN	10.30 am	ACTIVE LIVING	4.00 pm	PILATES	5.05 pm	PILATES
12.30 pm	YOGA	10.30 am	ACTIVE LIVING	11.00 am	YOGA	12.30 pm	ACTIVE MOVERS	11.00 am	YOGA	4.30 pm	DEEP WATER RUNNING		
1.30 pm	YOGA	10.30 am	BODY PUMP	12.00 pm	VIRTUAL SPIN	5.30 pm	YOGA	12.00 pm	YOGA	5.00 pm	BODY PUMP		
1.30 pm	WATER WORKOUT	10.30 am	YOGA (Beginners)	4.30 pm	BOXING	5.30 pm	BODY PUMP	12.00 pm	YOGA				
4.30 pm	PILATES	12.00 pm	YOGA	5.30 pm	BODY STEP	5.45 pm	ADRENALINE STRENGTH	12.00 pm	VIRTUAL SPIN				
5.30 pm	BARRE	12.00 pm	VIRTUAL SPIN	5.30 pm	ADRENALINE HIT	6.30 pm	ZUMBA	5.30 pm	ZUMBA				
5.30 pm	BODY PUMP	5.30 pm	RPM	6.00 pm	RPM	6.30 pm	CYCLE	5.30 pm	BODY BALANCE				
5.30 pm	ADRENALINE HIT	6.00 pm	ADRENALINE	6.30 pm	Q-Fit	6.45 pm	BOXING	6.00 pm	VIRTUALSPIN				
6.15 pm	Q FIT	6.30 pm	BODY PUMP	6.30 pm	BODY PUMP	7.30 pm	WATER WORKOUT						
6.30 pm	RPM	7.00 pm	BOXING	6.30 pm	YOGA	7.30 pm	PILATES						
6.30 pm	BODY ATTACK	7.00 pm	YOGA	6.30 pm	BODY PUMP								
6.30 pm	SOCIAL SWIM SQUAD	7.00 pm	WATER WORKOUT	6.30 pm	YOGA								
7.30 pm	BODY BALANCE	8.00 pm	PILATES	7.30 pm	BODY BALANCE								



Please note, classes are subject to change. Any class with a red flag will be under review due to low patronage.



Merri-bek
City Council