

BRUNSWICK BATHS

GROUP FITNESS TIMETABLE Monday 10 November

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	7.15 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	8.00 am	AQUA SENIORS	10.00 am	BODY PUMP	12.00 pm	VIRTUAL CYCLE
9.30 am	ZUMBA GOLD	8.30 am	BODY BALANCE	9.30 am	CYCLE	10.30 am	ACTIVE STRENGTH	9.00 am	DEEP WATER RUNNING	11.00 am	YOGA	4.00 pm	BODY PUMP
9.30 am	ACTIVE LIVING	9.00 am	PILATES	9.30 am	ACTIVE LIVING	10.30 am	ACTIVE LIVING	9.30 am	ACTIVE LIVING	12.00 pm	VIRTUAL CYCLE	4.00 pm	BOXING
10.30 am	ACTIVE LIVING	9.30 am	CYCLE	10.30 am	BODY PUMP	11.00 am	YIN YOGA	10.30 am	ACTIVE LIVING	3.30 pm	WATER WORKOUT	5.00 pm	BODY BALANCE
11.00 am	ACTIVE LIVING	9.30 am	ACTIVE MOVERS	10.30 am	ACTIVE LIVING	12.00 pm	YIN YOGA	11.00 am	YOGA	4.30 pm	DEEP WATER RUNNING	5.05 pm	PILATES
12.00 pm	VIRTUAL CYCLE	9.30 am	ACTIVE LIVING	11.00 am	YOGA	12.30 pm	ACTIVE MOVERS	12.00 pm	BODY PUMP	5.00 pm	BODY PUMP		
12.30 pm	YOGA	10.30 am	ACTIVE LIVING	12.00 pm	VIRTUAL CYCLE	5.30 pm	YOGA	10.30 am	ACTIVE LIVING				
1.30 pm	YOGA	10.30 am	BODY PUMP	4.30 pm	BOXING	5.30 pm	BODY PUMP	11.00 am	YOGA				
1.30 pm	WATER WORKOUT	10.30 am	YOGA (Beginners)	5.30 pm	BODY STEP	5.45 pm	ADRENALINE STRENGTH	12.00 pm	YOGA				
4.30 pm	PILATES	12.00 pm	YOGA	5.30 pm	ADRENALINE HIT	6.30 pm	ZUMBA	12.00 pm	VIRTUAL CYCLE				
5.30 pm	BARRE	5.30 pm	RPM	6.00 pm	RPM	6.45 pm	BOXING	5.30 pm	ZUMBA				
5.30 pm	BODY PUMP	6.00 pm	ADRENALINE	6.30 pm	Q-Fit	7.30 pm	WATER WORKOUT	5.30 pm	BODY BALANCE				
5.30 pm	ADRENALINE HIT	6.30 pm	BODY PUMP	6.30 pm	BODY PUMP	7.30 pm	PILATES						
6.15 pm	Q FIT	7.00 pm	BOXING	6.30 pm	BODY PUMP								
6.30 pm	RPM	7.00 pm	YOGA	6.30 pm	YOGA								
6.30 pm	BODY ATTACK	7.00 pm	WATER WORKOUT	7.30 pm	BODY BALANCE								
6.30 pm	SOCIAL SWIM SQUAD	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