

Group Fitness Timetable

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00am	CYCLE Erin	GLADIATOR CONDITIONING Daniel	CYCLE Renée	GLADIATOR CONDITIONING Ben/Daniel	CYCLE Ange		
8.30am						CYCLE Breanna	BODY PUMP Leila
9.15am	BODY PUMP Morena	CYCLE Liz	THT Christella	CYCLE Liz	BODY PUMP Morena	9.30am BODY PUMP - Leila	9.30am CYCLE - Terri
10.30am		BODY ATTACK Leila	BODY BALANCE Gizelle	BOXING CIRCUIT Ben	PILATES Darren	BODY Attack Leila	YOGA Jennifer
10.45am	ZUMBA Tasha						
11.30am					EXPRESS CYCLE 30 MINS - Raf	BODY BALANCE Gizelle	
4.15pm				FIT FOR KIDS (AGE 7-13) Dan		1.00pm ZUMBA - Leila M	
5.00pm			EXPRESS CYCLE 30 MINS - Renée	FAB ABS Daniel			
5.30pm	CYCLE Morena	BOXING CIRCUIT Ben	PILATES Nicole	BODY PUMP Leila	5.15pm CYCLE - Raf		
6.30pm	BODY PUMP Morena	INNER BALANCE Breanna	ZUMBA Tasha	CYCLE Breanna	6.00pm BOXING CIRCUIT - Raf		
7.30pm	BODY ATTACK Leila	CYCLE Breanna	BODY PUMP Morena	ZUMBA - Tasha			

Our NEW timetable now features 4 x ZUMBA Classes



It's the latest Latin Dance Craze sweeping the World. Try it today at the Ridge!



Your Health. Your Club.