

# PARK ROYAL

## Class Timetable- JANUARY 2023

### Monday



SPIN	7.00am - 7.45am	Chris
ZUMBA	9.00am - 10.00am	Carole
TOTAL BODY WORKOUT	10.15am - 11.15am	Carole
AQUA – POOL	1.15pm - 2.00pm	Carole
YOGA	3.00pm - 4.00pm	Phil
SPIN	5.30pm - 6.15pm	Julia
YOGA	7:00pm - 8:00pm	Pam

### Tuesday



POPFIT	9:15am - 10:15am	Stella
TOTAL BODY WORKOUT	10:30am - 11:30am	Dave
SPIN	11.45am - 12:30pm	Julia
FREESTYLE YOGA	1:30pm - 2:30pm	Ian
POPFIT	6.00pm - 7.00pm	Stella
AQUA - POOL	7.15pm - 8.00pm	Bev
AQUA- POOL	8.15pm - 9.00pm	Bev
SPINNING	7.30pm - 8.15pm	Chris

### Wednesday



SPIN	7:00am - 7:45am	Julia
ZUMBA	9.15am - 10.15am	Stella
PUMP	10.45am - 11.30am	Donna
HATHA FLOW YOGA	12.00pm - 1.00pm	Lynn
PILATES	1:15pm - 2:15pm	Catherine advanced
PILATES	2:25pm - 3:25pm	Catherine beginners
LEGS, BUMS & TUMS	5:30pm - 6:00pm	Lauren
CIRCUIT	6.15pm - 7:00pm	Brad
ZUMBA	7:15pm - 8:00pm	Ornella



### Thursday

SPIN	7.00am - 7.45am	Paul
PUMP	9.30am - 10.15am	Donna
TOTAL BODY WORKOUT	10:30am - 11:15am	Donna
TAI CHI	11:45am - 12:45pm	Jane
BEGINNERS SPIN	1:00pm – 1:45pm	Gym Team
BEGINNERS CIRCUIT	4:00pm – 4:30pm	Gym Team
PUMP	6:00pm - 6:45pm	Alison
HATHA FLOW YOGA	7:00pm - 8:00pm	Lynn

### Friday



CIRCUIT TRAINING	7.00am - 7.45am	Chris
AQUA - POOL	8.15am - 9.00am	Bev
AQUA – POOL	9.00am - 9:45am	Bev
POPFIT	9.30am - 10.30am	Stella
SPIN	10:45am - 11.30am	Donna
LEG, BUMS & TUMS	11:45am - 12:30pm	Donna
PILATES	1.30pm - 2.30pm	Alison
YOGA	7:00pm - 8:00pm	Pam



### Saturday

SPIN	9.00am - 9.45am	Chris/Caroline
PUMP	10.00am - 10.45am	Alison
ZUMBA	11:00am - 12:00pm	Ornella



### Sunday

POPFIT	10.30am - 11.30am	Stella
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