

	10 th June MON	11 th June TUE	12 th June WED	13 th June THUR	14 th June FRI	15 th June SAT	16 th June SUN	
6:00am	<p>Public holiday</p> <p>Queen Birthday</p> <p>Gym open 6 am to 7pm</p>	HCT Christine	Body Pump Jordan	Body Pump Dale	HCT Con	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends	
		RPM Katrina	RPM Dale	Cycle Eshref	RPM Katrina			
		Power Yoga Marta	Cardio Boxing Christine	Vinyasa Yoga Marta	Core on the Ball Rosetta			
		Aqua (DW) Donna		Aqua (DW) Donna	Power Aqua (DW) Eser			
6:30am							HCT Con	
7:00am			Power Pilates Harriet	Vinyasa Yoga Carol	Power Pilates Amanda	Dru Yoga Sue	RPM Angelie	
7:30am				Strong Seniors Suzie		Strong Seniors Val	Hatha Yoga (90 min) Jenny	Body Balance Amanda
8:00am			Lite Pace Aqua PP Amanda	Strong Seniors Judi	Lite Pace Aqua PP Max		Fast 30 Angelie	Cycle Rosetta
							Cardio Boxing Zita	Pre natal Aqua Hyd.pool Max
8:30am			Strong Seniors Judi		Strong Seniors Leigh	Fit Seniors Rosetta		Body Pump Maria
9:00am				Body Pump Tech Anne			Body Pump Christy	Total Body Seniors Rosetta
							Strong Seniors Val	
9:30am			Body Attack(45min)Jordan	Body Pump Anne	HCT Alex	Body Pump Anne		Body Combat Dwi
			RPM Dani		Cycle Anne	Cycle Rosetta		
			Fit Kid Max	Cycle / Core Rosetta	Vinyasa Yoga Carol	Pilates Val		
10:00am			Aqua (DW) Ward	Aqua (SW) Amanda	Aqua (DW) Ward	Aqua (DW) Eser	ABS Express Christy	Aqua (DW) Max
							Pilates Val	
							Aqua (DW) Max	
10:15am			Body Pump (45min) Dale					
10:30am					Pilates Lindsey	X Train Christy		
					Fitkid Leigh			
11:00am		Vinyasa Yoga Carol	Active Seniors Josh					
		Pilates Lindsey						
11:30am					Active Seniors Josh			
12:00pm		Seniors Aqua PP Ward	Seniors Aqua PP Amanda	Seniors Aqua PP Ward	Seniors Aqua PP Rosetta			
4:30pm						Cycle Val		
5:00pm						Lite Pace Aqua PP Tatiana	Body Pump Charry	
5:30pm		Body Burn Julie	Body Pump Rosetta	Core on the Ball Val	Body Pump Rosetta			
				Hatha Yoga Ella				
6:30pm		Body Balance Jo	HCT Alex	HCT Christine	Hatha Fusion Yoga (90 min) Jeanette			
		Cycle Dale	Cycle Eshref	Cycle Joanne				
		Cardio Boxing Rosetta	Hatha Fusion Yoga Jeanette	Pilates Harriet				
		Power Aqua (PP) Ward		Power Aqua (PP) Ward				
7:15pm		Pre natal Aqua(PP) Ward						
7:30pm		Body Pump Dale						

Updated 15/5/19

Studio 1
 Studio 2
 Studio 3
 Seniors
 (S) = Seasonal
 Pool used: DW = Dive pool (deep water) SW = Olympic pool (shallow water) PP or Hydro = Indoor pool (shallow water)

Please note: Timetable shows class start time not duration. Most classes go for 55 min. Due to unforeseen circumstances instructors may change from time to time. Please refer to our website for all timetable changes. www.jpac.nsw.gov.au