



Group Fitness Timetable

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Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Body Attack	Hydra-Circuit		
6:00am	RPM		RPM		RPM		
6:30am		Body Balance					
6:45am	Hydra-Circuit		Hydra-Circuit	Body Pump	Hydra-Circuit		
8:00am	Active Over 50's		Active Over 50's			Hydra-Circuit	
8:30am						Body Pump Technique	
9:00am			Motiv8		Motiv8	Body Pump	
9:15am	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit		
9:15am	Body Step	Fat Burner		Body Pump			
9:30am		RPM		RPM		RPM	
10:00am	Body Balance		Body Balance		Body Balance		
10:15am		Body Pump		Body Step		9:00am-5:30pm #Physical Funk for Kids	
11:00am	#Pilates	Heartmoves		Heartmoves			
1:30pm		School Sport	School Sport	School Sport	School Sport		
2:30pm							
3:30pm							Body Pump
3:45pm	#Physical Funk for Kids	#Physical Funk for Kids	#Physical Funk for Kids	#Physical Funk for Kids	#Physical Funk for Kids		
4:00pm							RPM
4:30pm	Body Step	Fat Burner	Body Attack	Body Balance	Body Pump		Body Balance
4:30pm	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	
5:00pm			RPM				
5:30pm	Body Attack	Body Step	Body Pump	Fat Burner	Body Step		
5:30pm	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit	Hydra-Circuit		
6:00pm	RPM			RPM			
6:15pm		RPM					
6:15pm	Body Pump	Body Attack	Body Step	Body Pump			
6:30pm	Hydra-Circuit	#Physical Funk for Kids		#Physical Funk for Kids			
7:15pm	Body Balance	Body Pump	Body Balance				
7:30pm							

- 7.30pm HYDRA CIRCUIT IS AVAILABLE FOR ORGANISATIONS & CLUBS.
- Duration of Aerobic classes approximately 45 or 55 minutes.
- Duration of Hydra-Circuit 45 minutes.
- #Physical Funk for Kids and #Pilates are not included in memberships