

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.15 AM			CARDIO BOXING				
8.00 AM						LES MILLS BODYBALANCE	YOGA
8.10 AM		FIT & FABULOUS			FIT & FABULOUS		
8.30 AM	SCULPT			SCULPT			
9.00 AM					CARDIO BOXING	LES MILLS BODYPUMP	
9.30 AM	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYPUMP	BARRE			LES MILLS BODYPUMP
10.00 AM					LES MILLS BODYPUMP	TABATA	
10.30 AM	PILATES	PILATES	YOGA	ZUMBA fitness			PILATES
11.00 AM					PILATES	YOGA	
11.30 AM			PILATES	YOGA			
11.45 AM	PILATES						
3.30 PM						ZUMBA fitness	
4.30 PM				DANCE FITNESS			
5.30 PM	BARRE	LES MILLS BODYPUMP	ZUMBA fitness	PILATES	ZUMBA fitness		
6.30 PM	LES MILLS BODYCOMBAT	BARRE	CARDIO BOXING	BARRE			
7.30 PM	ZUMBA fitness	MIND & BODY YOGA					

CYCLE STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		CYCLE		CYCLE			
8.00 AM						CYCLE	
6.00 PM	CYCLE	PURSUIT					
6:30 PM			CYCLE				

REFORMER PILATES							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9.00 AM			BASIC				
10.00 AM	BASIC	BASIC					
5.00 PM				BASIC			

FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.45 AM	FX30	FX30		FX30	FX30		
6.20 AM	FX30	FX30		FX30	FX30		
7.00 AM						FX30	
8.15 AM						FX30	FX30
8.50 AM						FX30	FX30
9.30 AM	FX30		FX30				
10.00 AM	ABT		ABT				
12.30 PM		FX30					
6.00 PM	FX30	ABT	FX30	FX30			
6.45 PM		FX30					

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.30 AM	AQUA AEROBICS		AQUA AEROBICS				AQUA AEROBICS
9.00 AM		AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS	
9.30 AM	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS
10.00 AM		AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS	
7.00 PM	AQUA AEROBICS		AQUA AEROBICS				

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
LABOUR DAY	MONDAY 7 TH OCTOBER	8AM-6PM	9:30AM 9:30AM 9:30AM	FX30 AQUA AEROBICS BODY PUMP

View timetable online WWW.LANECOVEAQUATIC.COM.AU

We also have 1-hour ongoing Reformer Pilates classes available. Please check WWW.LANECOVEAQUATIC.COM.AU/REFORMERPIILATES/ for more details.