

CITY CAMPUS GROUP EXERCISE TIMETABLE

SEMESTER TWO 2018

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00AM	PILATES	YOGA		YOGA		9.30AM YOGA
12.00PM	ABS ^{XP}	BARRE	ABS ^{XP}	ZUMBA®	YOGA	
12.30PM	YOGA		PUMP			10.30AM ZUMBA®
1.00PM		STRETCH & ROLL ^{XP}		STRETCH & ROLL ^{XP}	BOX SKILLS	
4.10PM		ZUMBA®	YOGA			
5.10PM	ZUMBA®	PUMP	ZUMBA®	BARRE	ZUMBA®	
6.10PM	PUMP	BOX SKILLS	BARRE	PUMP		
7.10PM		ABS ^{XP}	STRETCH & ROLL ^{XP}	STRONG		

OUTDOOR CLASSES

5.10PM	CIRCUIT		CIRCUIT		CIRCUIT
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XP 'express' classes are 20 minutes in duration, all other classes are 50 minutes.