

GROUP FITNESS TIMETABLE

COMMENCING 12 JULY 2021



WARRAGUL LEISURE CENTRE



21 Burke Street, Warragul 3820



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www.warragul.ymca.org.au



WARRAGUL LEISURE CENTRE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAND CLASSES	8.15am	BASIC MOVERS				BASIC MOVERS	
	8.30am		PRYME MOVERS		PILATES		RPM
	9.30am	RPM	PILATES	BASIC MOVERS	PRYME MOVERS	BODY PUMP	BODY PUMP
	10.30am	YOGA	PILATES	YOGA	GLUTES, ABS & THIGHS	MOBILITY FLEX	
	11.30am		TAI CHI KUNG		TAI CHI KUNG		
	4.30pm	PRYME MOVERS					
	5.30pm	BODY PUMP	PILATES	RPM	RPM	FULL BODY	
	6.30pm	RPM	BOXING	BODY PUMP	HIIT CIRCUIT		
	7.30pm				PILATES		
WATER CLASSES	8.15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS	AQUA BOOTCAMP
	9.15am	WARM MOVERS		WARM MOVERS	AQUA BOOTCAMP	WARM MOVERS	
	10.15am		WATER WORKOUT				
	5.15pm				WARM MOVERS		
	7.15pm		WARM WATER GENTLE FLOW				

 New classes  Pryme Movers membership

-  Arrive 5 minutes prior to class to collect a ticket and set up for class
-  Please let instructor know if you have any injuries, illnesses or pregnancy
-  Please bring a drink bottle and towel with you to each class
-  Please wear appropriate attire to each class. This could include bathers, active wear and runners
-  No access to Group Fitness rooms outside scheduled class times