

GROUP FITNESS TIMETABLE

REOPENING TIMETABLE 2021



WARRAGUL LEISURE CENTRE

 21 Burke Street, Warragul 3820

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 www.warragul.ymca.org.au

WARRAGUL
LEISURE CENTRE



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	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
	10.30am				GLUTES, ABS & THIGHS	MOBILITY FLEX	
	5.30pm	COMING SOON	PILATES	COMING SOON			
	6.30pm	COMING SOON	BOXING	COMING SOON	HIIT CIRCUIT		

WATER CLASSES	8.15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS	AQUA BOOTCAMP (50M) Starting 21 st November
	9.15am	WARM MOVERS			AQUA BOOTCAMP (50M)	WARM MOVERS	
	10.15am		WATER WORKOUT (50M)	WARM MOVERS			
	5.15pm				WARM MOVERS		
	6.15pm		WARM WATER FLOW				

 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