

# Group Fitness 2024 Talbot Campus

Monday	7:30-8:00am <b>S30</b> Gym (Gym Team)	8:00-8:30am <b>Spin</b> Spin City Helen P	9:30-10:00am <b>Grit Strength</b> Ⓞ Studio 1	10:05-10:50pm <b>Body Balance</b> Ⓞ Studio 1	1:05-1:50pm <b>Yoga</b> Studio 1 Bex	5:25-6:25pm <b>Zumba</b> Studio 1 Wendoly	6:30-7:25pm <b>Legs, Bums and Tums</b> Studio 1 Nadia
	7:30-8:00am <b>Sprint</b> Ⓞ Spin City	12:00-12:45pm <b>Pilates</b> Studio 1 Nikki	1:00-1:55pm <b>Total Body Conditioning</b> Studio 1 Rachel	5:05-6:00pm <b>Legs, Bums and Tums</b> Studio 1 Helen R	6:05-6:35pm <b>Spin</b> Spin City Vic		
Tuesday	7:30-7:50am <b>The Trip</b> Ⓞ Spin City	12:00-12:30pm <b>Spin</b> Spin City Helen P	12:35-1:05pm <b>Full Body Blast</b> Studio 1 Helen P	1:10-2:05pm <b>Free Yoga</b> Studio 1 Silvia	5:10-5:55pm <b>Pilates</b> Studio 1 Jo	6:00-7:00pm <b>Total Body Conditioning</b> Studio 1 Nadia	7:00-7:30pm <b>Sprint</b> Ⓞ Spin City
	7:30-8:00am <b>Grit Strength</b> Ⓞ Studio 1	8:15-9:00am <b>Body Balance</b> Ⓞ Studio 1	9:15-9:45am <b>Barre</b> Ⓞ Studio 1	12:05-12:50pm <b>Sh'Bam</b> Ⓞ Studio 1	1:00-1:55pm <b>Total Body Conditioning</b> Studio 1 Rachel	5:05-6:00pm <b>Legs, Bums and Tums</b> Studio 1 Zia	5:30-6:00pm <b>Sprint</b> Ⓞ Spin City
Wednesday	7:30-8:00am <b>Sprint</b> Ⓞ Spin City	9:15-10:00am <b>Body Balance</b> Ⓞ Studio 1	11:55-12:25pm <b>Spin</b> Spin City Nikki	12:00-12:30pm <b>S30</b> Gym (Gym Team)	12:30-1:15pm <b>Pilates</b> Studio 1 Nikki	5:15-6:15pm <b>Total Body Conditioning</b> Studio 1 Helen R	6:30-7:00pm <b>Sprint</b> Ⓞ Spin City
	9:25-9:55am <b>Spin</b> Spin Studio Rachel	10:00-10:55am <b>Total Body Conditioning</b> Studio 1 Rachel	11am-12pm <b>Zumba</b> Studio 1 Wendoly	12:15-1:00pm <b>The Trip</b> Ⓞ Spin City	4:30-5:00pm <b>Sprint</b> Ⓞ Spin City		
Thursday	9:05-9:25am <b>The Trip</b> Ⓞ Spin City	9:30-10:30am <b>Yoga</b> Studio 1 Sue	10:45-11:30am <b>Body Combat</b> Ⓞ Studio 1	4:30-5:00pm <b>Sprint</b> Ⓞ Spin City	5:05-5:50pm <b>Body Balance</b> Ⓞ Studio 1		
Friday							
Saturday							
Sunday							

- Stretching and Mobility
- Fitness and Cardio
- Muscle Conditioning
- Ⓞ Virtual Class

**HARDER.  
BETTER.  
FASTER.  
STRONGER.**

Scan the QR Code for all class descriptions and to book


