

# GROUP FITNESS TIMETABLE - PARAGON FITNESS

Effective from March 2020

MAIN STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:00am	<b>STRONG</b> + ZUMBA	<b>BODYPUMP</b> *	<b>BODYATTACH</b> *	<b>I.G.T</b> *	<b>BODYPUMP</b> *	7.15AM		
	7:30am					<b>FIT-OVER-50</b>	<b>I.G.T 30</b>		
	8:00am						<b>BODYPUMP</b>		
	8:45am	<b>BODYATTACH</b> *		<b>BODYCOMBAT</b> *	<b>BODYPUMP</b> *	<b>BODYSTEP</b> *			
	9:00am		<b>CXWORX</b>				<b>BODYATTACH</b> *	<b>BODYPUMP</b>	
	9:30am	<b>BODYPUMP</b>	<b>BODYSTEP</b> *	<b>I.G.T</b> *	<b>BODYATTACH</b> *	<b>BODYPUMP</b>	9.45AM		
	10:00am						<b>CXWORX</b>	<b>BODYSTEP</b>	
	10:20am		<b>BODYPUMP</b>	<b>BODYBALANCE</b>	<b>CXWORX</b>		10.15AM		
	10:30am	<b>ZUMBA</b>				<b>BODYBALANCE</b>	<b>BODYCOMBAT</b>		
	11:00am				<b>ZUMBA</b> <small>gold</small>		11.15AM	<b>SH'BAM</b> *	
	11:30am	<b>FIT-OVER-50</b>	<b>FIT-OVER-50</b>	<b>FIT-OVER-50</b>			<b>BODYBALANCE</b>		
	5:15pm			<b>CXWORX</b>					
	5:45pm	<b>BODYPUMP</b>	<b>BODYATTACH</b> *	<b>BODYSTEP</b> *	<b>I.G.T 30</b>	<b>BODYPUMP</b>			
	6:30pm		<b>BODYPUMP</b>	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>				
	6:45pm	<b>BODYSTEP</b> *							
	7:30pm	<b>BODYBALANCE</b>	<b>CXWORX</b>	<b>ZUMBA</b>	<b>BODYBALANCE</b>				
8:00pm		<b>SH'BAM</b> *							



RPM	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	<b>RPM</b>	<i>sprint</i>	<b>RPM</b>		<i>sprint</i>		
	8:00am						<b>RPM</b>	
	8:45am			<i>sprint</i>				
	9:00am						<i>sprint</i>	
	9:30am	<b>RPM</b>	<b>RPM</b>			<i>sprint</i>		
	10:00am							<b>RPM</b>
	5:45pm	<i>sprint</i>	<b>RPM</b>	<b>SPIN</b>	<i>sprint</i>			
	6:30pm							
6:45pm	<b>RPM</b>	<i>sprint</i>						

WELLNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am		<b>BODYBALANCE</b> <b>STRETCH</b> 30mins					
	9:00am						<b>PILATES</b>	
	9:30am		<b>PILATES</b>		<b>PILATES</b>			
	10:30am		<b>YOGA</b>					10:00am <b>YOGA</b>
	6:00pm			<b>YOGA</b>		<b>BODYBALANCE</b> <b>STRETCH</b> 30mins		
6:30pm	<b>YOGA</b>	<b>PILATES</b>						

\*Denotes a 45minute class