







































BayFit Group Fitness Timetable From **OCTOBER 2011 – PLEASE NOTE CHANGES**

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6.15AM	  Rosa <i>Arrive early</i>	CYCLE & CIRCUIT SUPER CLASS Rosa	  Rosa <i>Arrive early</i>	 Zona	  Rosa <i>Arrive early</i>		
8.30AM	LLLS Class  TRISH		LLLS Class  TRISH	LLLS Class  TRISH	LLLS Class  TRISH	 Nicole STARTS 8.15	
9.00 AM	AQUA AEROBICS (Main Pool)		AQUA AEROBICS (Hydro Pool)		AQUA AEROBICS (Main Pool)		
9.30AM	 Daniela	 Vicki	 Carolyn	 Vicki	 Sam	 STARTS 9.15	 Mark <i>Arrive early</i>
10.40AM Note Sunday is 10.30am	 Daniela	 Sam		 30 MINUTE REVOLUTIONARY CORE TRAINING	 Julie	 30 MINUTE REVOLUTIONARY CORE TRAINING 10AM	 10.30am!! ANNA
11.30AM							 Catherine
6.00PM	  Melinda <i>Arrive early</i>	 Catherine	 "45 min" Vicky	 Nicole			 12.30PM Catherine
6.45PM			 30 MINUTE REVOLUTIONARY CORE TRAINING		 Pilates Classes 8.00 pm Mon, Tues, Wed & Thurs (Bookings req.Ph 9392 2288)		
7.00PM	 Vicki	 NICOLE <i>Arrive early</i>	 STARTS 7.15	 NADIA			

TIME CHANGES

Effective October 2011

NEW AWESOME TIMETABLE!!

Member's please take note of timetable changes. Timetables are available at reception or go to www.bayfit.com.au

Please be aware that some classes have been cancelled due to either – instructor availability or low attendance . Time alterations to existing classes have been made so that we can add more classes to your group fitness program.

WEDNESDAY NIGHTS

As of October 12

BODY PUMP : 6 PM

NEW! CX- WORX : 6.45 PM

RPM : 7.15 PM

SATURDAY MORNINGS

As of October 15

RPM : 8.15 AM

BODY PUMP : 9.15 AM

NEW CX –WORX : 10 AM



WHO WANTS ABS FOR CHRISTMAS??!!!

STARTS WEDNESDAY OCT 12, 6.45PM

WEDNESDAYS 6.45PM WITH VICKY

THURSDAYS 10.40AM WITH VICKY – crèche available for bookings

SATURDAYS 10AM WITH SHIRLEY