


NCIE FITNESS CENTRE

GROUP FITNESS TIMETABLE 2021



NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP FITNESS ZONE (upstairs)							
6:15am		Yoga (60)	Body Pump (45)	Spin (45)			
9:30am				Pilates (45)			
9:45am						Pilates (60)	
10:15am							Spin (45)
11:30am							Yoga (60)
6:00pm	Body Pump (45)	Body Pump (60)	Yoga (60)	Body Pump (60)			
7:00pm	Yoga (60)						

MULTIPURPOSE ZONE (downstairs) 							
6:15am	Strength (45)	HIIT (45)	Cross (45)	Strength (45)	Cross (45)		
7:15am		HIIT (45)	Cross (45)		Cross (45)		
8:15am						Cross (60)	
9:30am	Sisters & Aunties (45)	YAH Strength (45)	Sisters & Aunties (45)	YAH Strength (45)	Sisters & Aunties (45)		
9:45am						HIIT (45)	
12:00pm	Cross (45)				HIIT (45)		
5:30pm	HIIT (45)	Strength (45)	HIIT (45)	Strength (45)	HIIT (45)		
6:30pm	HIIT (45)		HIIT (45)				

OUTDOOR COURT (weather permitting)							
7:15am	Cross (45)			HIIT (45)			
12:00pm			Cross (45)				
6:00pm		Cross (60)		Cross (60)			

POOL							
7:00am		Swim Fit (60)		Swim Fit (60)			
9:30am						Aqua Fit (45)	
10:30am		YAH Aqua (45)		YAH Aqua (45)			
6:00pm	Aqua Fit (45)		Aqua Fit (45)				



= MyZone activated area, bring your MyZone belt to track your workouts.

Class locations may change. Please check with fitness reception for updates.