

NCIE FITNESS

GROUP FITNESS TIMETABLE SUMMER 2021



NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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GROUP FITNESS ZONE (upstairs)

6:15am			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 (60)	Pilates (60)	Body Pump (60)			
7:00pm	Yoga (60)						

MULTI-PURPOSE ZONE (downstairs)

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

POOL

7:00am		Swim Fit (60)		Swim Fit (60)			
9:30am						Aqua Fit (45)	
10:30am		YAH Aqua (45)		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.