



NATIONAL CENTRE OF  
INDIGENOUS EXCELLENCE

# WINTER TIMETABLE 2024

MULTI PURPOSE ZONE

GROUP FITNESS ZONE

POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Strength	Cross	Strong & Fit	HIIT	Strength		
6:10 am	Spin	Yoga		Body Pump			
6:30 am					Yoga		
7:00 am	HIIT	Strength Swimfit	Cross	Strength Swimfit	HIIT	Cross Swimfit	
7:15 am	Pilates			Yoga			
8:00 am						Cross	Spin
8:15 am						Body Pump	
9:00 am		Active Elders		Active Elders			
9:15 am					Aqua Fit		Aqua Fit
9:30 am	Mums and Bubs		Mums and Bubs		Mums and Bubs	Pilates	
10:00 am		Aqua Fit		Aqua Fit			Yoga
12:00 pm	Strength	Cross	Yoga Strong & Fit	HIIT	Strength		
4:30 pm	Kids Gym		Kids Gym				
5:00 pm		Cardio Step					
5:30 pm	Strength	Cross	Boxing	HIIT			
6:00 pm	Aqua Fit Yoga	Body Pump	Swim Fit Aqua Fit Pilates	Body Pump			
6:30 pm	Boxing	Strength	Strong & Fit	Strength			
6:45 pm	Pilates		Yoga	Spin			