

Harbourside Timetable May 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40 AM		★ Team Training Tristan (45)		★ Team Training Dani (45)			
6:30 AM	RPM Amanda (45)	★ BODYPUMP Amanda (55)	RPM Kaela (45)	BODYPUMP Amanda (55)	RPM Jodie (45)		
7:15 AM	HIIT Amanda (30)		HIIT Jodie (30)		HIIT Jodie (30)	★ HIIT Tristan (30)	
8:00 AM						ForumFIT (55)	
8:30 AM							RPM Kaela (45)
9:15 AM						BODYPUMP Sue (55)	
9:30 AM	★ Sculpt Kathryn H (55)	★ ForumFIT Kathryn H (55)	ForumFIT Kathryn H (55)	★ Step & Sculpt Amanda (55)	BODYPUMP Katie (55)		BODYBALANCE Karen P (55)
10:15 AM						BODYBALANCE Sue (55)	
12:15 PM	Express Sculpt Kathryn H (45)	HIIT Kathryn H (30)	Express Sculpt Kathryn H (45)	★ Team Training Dani (30)	★ HIIT Kathryn H (30)		
4:45 PM	★ Team Training Sylwia (30)	★ Team Training Melissa (30)	★ HIIT Tristan (30)				
5:30 PM	RPM Dave B (45)	RPM Jodie (45)	RPM Ann-Maree (45)	RPM Damara (45)			
5:30 PM	★ BODYPUMP Kaela (45)	BODYPUMP Blake (55)	BODYBALANCE Christina (55)	BODYPUMP Alan (55)			
6:30 PM	BODYBALANCE Brett (55)		★ Zumba Kasey (45)				
6:40 PM		★ BODYBALANCE Brett (55)		★ Zumba Meredith (45)			

Key

Studio	Cycle Studio	Class duration (30) (45) (55)	★ New Class
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