

FITNESS ON THE HILL

Classes are available to book via the FitSense App - 7 days in advance from 7am in the morning.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 09:15 - 10:15 STELLA DANCE STUDIO	STEP AEROBICS 09:15 - 10:15 TERRI DANCE STUDIO	L B T's 09:15 - 10:00 COURTNEY DANCE STUDIO	AEROTONE 09:15 - 10:15 TERRI DANCE STUDIO	STEP 'n' SCULPT 09:00 - 09:45 TERRI DANCE STUDIO	 08:30 - 09:15 PAUL DANCE STUDIO
AQUACISE 9:15 - 10:00 BEV POOL	PILATES 10:15 - 11:00 NADIA POOLSIDE STUDIO	YOGA 10:45 - 11:45 AMY POOLSIDE STUDIO	coreMOBILITY 10:30 - 11:15 COURTNEY DANCE STUDIO	YOGA 10:00 - 11:00 AMY POOLSIDE STUDIO	KETTLEBELLS  09:30 - 10:15 PAUL DANCE STUDIO
YOGA 10:15 - 11:15 LINDSAY J POOLSIDE STUDIO	PILATES 11:15 - 11:45 NADIA POOLSIDE STUDIO	 10:45 - 11:45 STELLA DANCE STUDIO	STRETCH & RESTORE 11:20 - 12:00 Ginette DANCE STUDIO	 11:15 - 12:15 BEV DANCE STUDIO	PILATES 10:30 - 11:30 PAUL DANCE STUDIO
LEARN to LIFT  10:30 - 11:15 COURTNEY DANCE STUDIO	AEROFIT 10:30 - 11:15 Julia DANCE STUDIO		STICKS 'n' TONES 12:20-13:05 Ginette DANCE STUDIO	AQUACISE 14:00 - 14:50 BEV POOL	
YOGA 11:15 - 12:15 LINDSAY J POOLSIDE STUDIO	BODY TONE 11:30 - 12:15 Julia DANCE STUDIO				
AQUACISE 14:00 - 14:50 BEV POOL	STICKS 'n' TONES 12:30 - 13:15 Ginette DANCE STUDIO		PILATES 17:45 - 18:30 NADIA POOLSIDE STUDIO	Circuit Blast 17:00 - 17:45 MANDY DANCE STUDIO	PILATES 09:30 - 10:15 NADIA DANCE STUDIO
 18:00 - 18:45 PAUL POOLSIDE STUDIO	coreFLOW 13:30 - 14:15 Ginette DANCE STUDIO	HIIT 18:00 - 18:45 JAMES DANCE STUDIO	 18:00 - 18:30 PAUL DANCE STUDIO		PILATES 10:15 - 11:00 NADIA DANCE STUDIO
 18:00 - 18:45 JAMES DANCE STUDIO			KETTLEBELLS HIIT  18:30 - 19:00 PAUL DANCE STUDIO		
ABS BLAST 18:45 - 19:15 PAUL DANCE STUDIO		AQUACISE 19:00 - 19:50 BEV POOL	PILATES 18:30 - 19:15 NADIA POOLSIDE STUDIO		
 19:15 - 19:45 PAUL DANCE STUDIO		 19:15 - 20:00 STELLA DANCE STUDIO	 19:00 - 19:30 PAUL DANCE STUDIO		

Please note persistent late cancellations & no shows, will incur a 2 weeks ban.