

**6 Ricardo St Class Timetable (02)6231 6597**

**Wanniassa ACT 2903 www.vikingshealthandfitness.com**

**Effective 8th January 2021**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6.00am | BODYPUMP®  *Radha* | BODYSTEP®  *Liza* | BODYPUMP®  *Mel* | BODYATTACK®  *Gerry* | BODYSTEP®  *Liza* |  |  |
| 9.00am |  |  | SENIORS**\***  CIRCUIT CLASS  *Matt* |  |  | BODYATTACK®  *Bec* |  |
| 9.30am | *BODYBALANCE®*  *Lyn* | *BODYPUMP®*  Sarah | BODYBALANCE®  *Lyn* | X-TRAINER  *Zorica* | BODYPUMP®  *Lauren* |  | *BODYBALANCE®*  *9.30am*  *Michelle* |
| 10.15am |  |  |  |  |  | BODYBALANCE®  *Lorelle* |  |
| 11.00am |  | SENIORS**\***  GROUP FITNESS  *Marlene* |  | SENIORS**\***  GROUP  FITNESS  *Marlene* |  |  |  |
| 1.00pm |  | FIT-BALL CLASS\*  *Marlene* |  |  |  |  |  |
| 3.00pm |  |  |  |  |  |  | BODYSTEP®  *Bec* |
| 4.00pm |  |  |  |  |  |  | BODYPUMP®  Lauren/Mel |
| 5.30pm | BODYSTEP®  *Sarah* | BODYPUMP®  *Fiona* | BODYSTEP®  *Bec* |  |  |  |  |
| 6.00pm |  |  |  | BODYPUMP®  *Mel* |  |  |  |
| 6.30pm | BODYATTACK®  *Bec* | BODYBALANCE®  *Sherna* | BOX A CISE  *Zorica* |  |  |  |  |

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**Note:** Above indicates permanent instructors. The class timetable board will indicate alternative instructors.

\*indicates extra fee applies for the class