

**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