



6 Ricardo St

Class Timetable

(02)6231 6597

Wanniassa ACT 2903

www.vikingshealthandfitness.com

Effective 9th January 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BODYPUMP® <i>Tamara</i>	BODYSTEP® <i>Megan</i>	BODYPUMP® <i>Mel</i>		BODYSTEP® <i>Lisa</i>		
9.00am						BODYATTACK® <i>Bec</i>	
9.30am	BODYBALANCE® <i>Tanya</i>	BODYPUMP® 9.15am <i>Sherna</i>	BODYBALANCE® <i>Sherna</i>	HIIT/XTRAINER <i>Zorica</i>	BODYPUMP® <i>Lauren</i>		BODYBALANCE® 9.30am <i>Justene</i>
10.15am						BODYBALANCE® <i>Lorelle</i>	
11.00am		SENIORS* GROUP FITNESS 11am <i>Marlene</i>		SENIORS* GROUP FITNESS 10.45am <i>Zorica</i>			
1.00pm		FIT-BALL CLASS* <i>Marlene</i>					
3.00pm							BODYSTEP® <i>Gerry</i>
4.00pm							BODYPUMP® <i>Lauren/Tamara</i>
5.30pm	BODYSTEP® Express/45min <i>Gerry</i>	BODYPUMP® <i>Fiona</i>	BODYSTEP® <i>Sarah</i>	BODYATTACK® Express/45min <i>Mel</i>			
6.15pm	BODYATTACK® Express/45min <i>Gerry</i>			BODYPUMP® Express/45min <i>Mel</i>			
6.30pm		BODYBALANCE® <i>Sherna</i>	HIIT/BOXACISE <i>Zorica</i>				

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

* indicates extra fee applies for the class