



6 Ricardo St

# Class Timetable

(02)6231 6597

Wanniassa ACT 2903

[www.vikingshealthandfitness.com](http://www.vikingshealthandfitness.com)

Effective 2025

| Time        | Monday                                | Tuesday                                                            | Wednesday                                                         | Thursday                                                           | Friday                            | Saturday                         | Sunday                                                 |
|-------------|---------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------|----------------------------------|--------------------------------------------------------|
| 6.00am      | <b>BODYPUMP®</b><br><i>Tamara</i>     | <b>BODYSTEP®</b><br><i>Megan</i>                                   | <b>BODYPUMP®</b><br><i>Mel</i>                                    |                                                                    | <b>BODYSTEP®</b><br><i>Liza</i>   |                                  |                                                        |
| 9.00am      |                                       |                                                                    |                                                                   |                                                                    |                                   | <b>BODYATTACK®</b><br><i>Bec</i> |                                                        |
| 9.30am      | <b>BODYBALANCE®</b><br><i>Melanie</i> | <b>BODYPUMP®</b><br><b>9.15am</b><br><i>Sherna</i>                 | <b>BODYBALANCE®</b><br><i>Sherna</i>                              | <b>HIIT/XTRAINER</b><br><i>Zorica</i>                              | <b>BODYPUMP®</b><br><i>Lauren</i> |                                  | <b>BODYBALANCE®</b><br><b>9.30am</b><br><i>Justene</i> |
| 10.00am     |                                       |                                                                    |                                                                   |                                                                    |                                   | <b>YOGA</b><br><i>Jane</i>       |                                                        |
| Mixed Times |                                       | <b>SENIORS*<br/>GROUP<br/>FITNESS<br/>11.00am</b><br><i>Zorica</i> | <b>SENIORS*<br/>GROUP<br/>FITNESS<br/>11.00am</b><br><i>Cathy</i> | <b>SENIORS*<br/>GROUP<br/>FITNESS<br/>10.45am</b><br><i>Zorica</i> |                                   |                                  |                                                        |
| 12.00pm     |                                       |                                                                    |                                                                   | <b>YOGA</b><br><i>Elle</i>                                         |                                   |                                  |                                                        |
| 1.00pm      |                                       | <b>FIT-BALL<br/>CLASS*</b><br><i>Justene</i>                       |                                                                   |                                                                    |                                   |                                  |                                                        |
| 4.00pm      |                                       |                                                                    |                                                                   |                                                                    |                                   |                                  | <b>BODYPUMP®</b><br><i>Lauren/Tamara</i>               |
| 5.30pm      | <b>BODYSTEP®</b><br><i>Liza</i>       | <b>BODYPUMP®</b><br><i>Fiona</i>                                   | <b>BODYSTEP®</b><br><i>Liza</i>                                   | <b>BODYATTACK®</b><br>Express/45min<br><i>Mel</i>                  |                                   |                                  |                                                        |
| 6.15pm      |                                       |                                                                    |                                                                   | <b>BODYPUMP®</b><br>Express/45min<br><i>Mel</i>                    |                                   |                                  |                                                        |
| 6.30pm      | <b>BODYATTACK®</b><br><i>Gerry</i>    | <b>BODYBALANCE®</b><br><i>Melanie</i>                              | <b>HIIT/BOXACISE</b><br><i>Chris</i>                              |                                                                    |                                   |                                  |                                                        |

® Registered Trademark of LesMills International Ltd. All Rights reserved

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

\* indicates extra fee applies for the class