



6 Ricardo St

Class Timetable

(02)6231 6597

Wanniassa ACT 2903

www.vikingshealthandfitness.com

Effective 21st March 2022

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------|---|--------------------------------|---|----------------------------|--------------------------------|--|
| 6.00am | BODYPUMP® Michael | BODYSTEP® Megan | BODYPUMP® Mel | | BODYSTEP® Jess | | |
| 9.00am | | | | | | BODYATTACK® Jess | |
| 9.30am | BODYBALANCE® Lyn | BODYPUMP® Sarah | BODYBALANCE® Lyn | HIIT/XTRAINER Zorica | BODYPUMP® Lauren | | BODYBALANCE® <u>9.30am</u> Michelle |
| 10.15am | | | | | | BODYBALANCE® Lorelle | |
| 11.00am | | SENIORS* GROUP FITNESS 11am Marlene | | SENIORS* GROUP FITNESS 10.45am Zorica | | | |
| 1.00pm | | FIT-BALL CLASS* Marlene | | | | | |
| 3.00pm | | | | | | | BODYSTEP® Gerry |
| 4.00pm | | | | | | | BODYPUMP® Lauren/Mel |
| 5.30pm | BODYSTEP® Sarah | BODYPUMP® Fiona | BODYSTEP® Jess | | | | |
| 6.00pm | | | | BODYPUMP® Mel | | | |
| 6.30pm | BODYATTACK® Gerry | BODYBALANCE® Sherna | HIIT/BOXACISE 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