



6 Ricardo St

# Class Timetable

(02)6231 6597

Wanniassa ACT 2903

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

Effective 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	<b>BODYPUMP®</b> <i>Tamara</i>	<b>BODYSTEP®</b> <i>Megan</i>	<b>BODYPUMP®</b> <i>Mel</i>		<b>BODYSTEP®</b> <i>Liza</i>		
9.00am						<b>BODYATTACK®</b> <i>Bec</i>	
9.30am	<b>BODYBALANCE®</b> <i>Melanie</i>	<b>BODYPUMP®</b> <b>9.15am</b> <i>Sherna</i>	<b>BODYBALANCE®</b> <i>Sherna</i>	<b>HIIT/XTRAINER</b> <i>Zorica</i>	<b>BODYPUMP®</b> <i>Lauren</i>		<b>BODYBALANCE®</b> <b>9.30am</b> <i>Michelle</i>
10.15am						<b>YOGA</b> <i>Yang/Yin</i> <i>Lorelle</i>	
11.00am		<b>SENIORS* GROUP FITNESS</b> <b>11am</b> <i>Marlene</i>		<b>SENIORS* GROUP FITNESS</b> <b>10.45am</b> <i>Zorica</i>			
12.15pm				<b>YOGA</b> <i>Vinyasa</i> <i>Negar</i>			
1.00pm		<b>FIT-BALL CLASS*</b> <i>Marlene</i>					
4.00pm							<b>BODYPUMP®</b> <i>Lauren/Tamara</i>
5.30pm	<b>BODYSTEP®</b> <i>Liza</i>	<b>BODYPUMP®</b> <i>Fiona</i>	<b>BODYSTEP®</b> <i>Sarah</i>	<b>BODYATTACK®</b> Express/45min <i>Mel</i>			
6.15pm				<b>BODYPUMP®</b> Express/45min <i>Mel</i>			
6.30pm	<b>BODYATTACK®</b> <i>Gerry</i>	<b>BODYBALANCE®</b> <i>Melanie</i>	<b>HIIT/BOXACISE</b> <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