



6 Ricardo St

Class Timetable

(02)6231 6597

Wanniassa ACT 2903

www.vikingshealthandfitness.com

Effective 25th August 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BODYPUMP® Tamara	BODYSTEP® Megan	BODYPUMP® Mel		BODYSTEP® Jess		
9.00am						BODYATTACK® Jess	
9.30am	BODYBALANCE® Lyn	BODYPUMP® 9.15am Sherna	BODYBALANCE® Lyn	HIIT/XTRAINER Zorica	BODYPUMP® Lauren		BODYBALANCE® 9.30am 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/Tamara
5.30pm	BODYSTEP® Sarah	BODYPUMP® Fiona	BODYSTEP® Jess	BODYATTACK® Express/45min Mel			
6.15pm				BODYPUMP® Express/45min 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