



6 Ricardo St

Class Timetable

(02)6231 6597

Wanniassa ACT 2903

www.vikingshealthandfitness.com

Effective 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BODYPUMP® <i>Tamara</i>	BODYSTEP® <i>Megan</i>	BODYPUMP® <i>Mel</i>		BODYSTEP® <i>Liza</i>		
9.00am						BODYATTACK® <i>Bec</i>	
9.30am	BODYBALANCE® <i>Melanie</i>	BODYPUMP® 9.15am <i>Shera</i>	BODYBALANCE® <i>Shera</i>	HIIT/XTRAINER <i>Zorica</i>	BODYPUMP® <i>Lauren</i>		BODYBALANCE® 9.30am <i>Justene</i>
10.00am						YOGA <i>Jane</i>	
11.00am		SENIORS* GROUP FITNESS 11am <i>Zorica</i>		SENIORS* GROUP FITNESS 10.45am <i>Zorica</i>			
12.00pm				YOGA <i>Elle</i>			
1.00pm		FIT-BALL CLASS* <i>Justene</i>					
4.00pm							BODYPUMP® <i>Lauren/Tamara</i>
5.30pm	BODYSTEP® <i>Liza</i>	BODYPUMP® <i>Fiona</i>	BODYSTEP® <i>Liza</i>	BODYATTACK® Express/45min <i>Mel</i>			
6.15pm				BODYPUMP® Express/45min <i>Mel</i>			
6.30pm	BODYATTACK® <i>Gerry</i>	BODYBALANCE® <i>Melanie</i>	HIIT/BOXACISE <i>Chris</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