



Averon Leisure Centre & Library - AInness GROUP FITNESS CLASS TIMETABLE

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|------------------|-------------------|----------------|-------|-------|------------|
| MONDAY | B Pump | Julie C | 09:30 | 10:30 | Games Hall |
| | B Balance | Sarah A | 10:45 | 11:45 | Rec Hall |
| | Bums N Tums | Sarah A | 18:00 | 18:45 | Games Hall |
| | Spin | Kirstin/Sharon | 18:00 | 19:00 | Rec Hall |
| | Yoga | Sarah | 19:00 | 20:00 | Lounge |
| | Body Combat | Julie C | 19:00 | 20:00 | Games Hall |
| TUESDAY | Pilates | Suzanne | 09:15 | 10:15 | Studio |
| | Spin | Sam G | 09:30 | 10:30 | Rec Hall |
| | Yoga | Sarah A | 10:30 | 11:30 | Rec Hall |
| | Parkinson's Class | Liz | 14:00 | 15:00 | Studio |
| | B Pump | Kirstin | 18:00 | 19:00 | Games Hall |
| | B Balance | Sarah A | 19:15 | 20:15 | Games Hall |
| WEDNESDAY | Body Combat | Sam G | 09:30 | 10:30 | Games Hall |
| | Otago | Sharon | 10:00 | 11:00 | Studio |
| | Fat Burn | Kirstin | 18:00 | 18:30 | Rec Hall |
| | Bums N Tums | Sarah A | 19:00 | 20:00 | Games Hall |
| THURSDAY | B Pump | Sarah A | 09:30 | 10:30 | Games Hall |
| | B Balance | Sarah A | 10:45 | 11:45 | Rec Hall |
| | B Pump | Claire R | 18:00 | 19:00 | Games Hall |
| | B Balance | Sarah A | 19:15 | 20:15 | Rec Hall |
| FRIDAY | B Combat | Sam G | 09:30 | 10:30 | Games Hall |
| | B Balance | Sam G | 10:45 | 11:45 | Rec Hall |
| | Workout Plus | Suzanne | 11:30 | 12:30 | Games Hall |
| | Fat Burn | Kirstin | 17:30 | 18:00 | Gameshall |
| | Spin | Jenny | 18:15 | 19:15 | Rec Hall |
| SATURDAY | HIIT Spin | Sam | 09:15 | 09:45 | Lounge |
| | B Pump | Sam | 10:00 | 10:45 | Main hall |
| | B Balance | Sam | 11:00 | 12:00 | Studio |