

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30am - 9.30am	<b>metafit<sup>®</sup></b> & core  COURTS OR ROOM 12 MAX TACHA (MARIE TRANQUILLE)	<b>FIT Y'S</b>  ROOM ONLY 12 MAX SUE HEMBROW	<b>STRETCH &amp; RELEASE</b>  ROOM ONLY 12 MAX SUE HEMBROW	<b>FIT Y'S</b>  ROOM ONLY 12 MAX TOULA HOLLINGUM	<b>BOOTCAMP</b>  COURTS OR ROOM 12 MAX CHERIE TE WANO
9.45am - 10.45am	<b>LES MILLS BODYBALANCE</b>  COURTS OR ROOM 12 MAX PAM MAIN	<b>BURN!</b> THE DUMBBELL WORKOUT  ROOM ONLY 12 MAX SUE HEMBROW	<b>LES MILLS BODYPUMP</b>  ROOM ONLY 12 MAX TOULA HOLLINGUM	<b>metafit<sup>®</sup></b> & core  COURTS OR ROOM 12 MAX TOULA HOLLINGUM	<b>LES MILLS BODYPUMP</b>  ROOM ONLY 12 MAX HANNAH VALLANCE
4.45pm - 5.45pm	<b>LES MILLS BODYPUMP</b>  ROOM ONLY 12 MAX TOULA HOLLINGUM	<b>TRIPLE 15</b>  ROOM ONLY 12 MAX DI BYRNE	<b>LES MILLS BODYPUMP</b>  ROOM ONLY 12 MAX DI BYRNE	<b>TRIPLE 15</b>  ROOM ONLY 12 MAX DI BYRNE	
6.00pm - 7.00pm	<b>metafit<sup>®</sup></b> & core  COURTS OR ROOM 12 MAX KAREN SF/ELISHIA HEAFORD [ALT]	<b>LES MILLS BODYBALANCE</b>  COURTS OR ROOM 12 MAX PAM MAIN	<b>Konga</b>  ROOM ONLY 12 MAX NATASHA POWELL	<b>LES MILLS BODYPUMP</b>  ROOM ONLY 12 MAX DI BYRNE	

**GREAT VALUE!**  
**ONLY \$5**  
**A CLASS**

## IMPORTANT NOTES:

- Please bring your own drink bottle. Water fountains are not able to be used.
- Social distancing at all times.
- All classes at a 12 person maximum.
- No towel, no class.
- Participants must bring own matt for Body Balance\* & Stretch\*.

## REMEMBER TO BRING



Towel



Drink Bottle



Matt\*

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 Sport & Recreation Centre

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