

# MSAC GROUP FITNESS JANUARY TIMETABLE

Date & Centre Opening Hours	Time	Class	Instructor
Monday Jan 10th 7.00am - 7.00pm	07:15	Pilates Reformer	Julia S
Monday Jan 10th 7.00am - 7.00pm	07:15	Cycle	Bridget M
Monday Jan 10th 7.00am - 7.00pm	07:15	HIIT	Jonathan V
Monday Jan 10th 7.00am - 7.00pm	07:15	Hot Yoga	April C
Monday Jan 10th 7.00am - 7.00pm	07:15	Aqua HIIT	Julie W
Monday Jan 10th 7.00am - 7.00pm	08:15	Pilates Reformer	Julia S
Monday Jan 10th 7.00am - 7.00pm	08:05	Body Pump	Bridget M
Monday Jan 10th 7.00am - 7.00pm	08:15	Aqua Exercise	Karen WS
Monday Jan 10th 7.00am - 7.00pm	09:15	Cycle	Anna B
Monday Jan 10th 7.00am - 7.00pm	09:15	Restore Yoga	Winnie Au
Monday Jan 10th 7.00am - 7.00pm	10:15	Abs and Core	Anna B
Monday Jan 10th 7.00am - 7.00pm	10:30	Pilates Reformer	Stella R
Monday Jan 10th 7.00am - 7.00pm	13:00	Wyser C & W	Julia S
Monday Jan 10th 7.00am - 7.00pm	17:30	Boxing	Jonathan V
Monday Jan 10th 7.00am - 7.00pm	18:00	Cycle	Tanya C
Monday Jan 10th 7.00am - 7.00pm	18:00	Pilates Reformer	Nicole F
Monday Jan 10th 7.00am - 7.00pm	18:30	HIIT	Jonathan V
Monday Jan 10th 7.00am - 7.00pm	18:30	Yin Yoga	Simone R
Tuesday Jan 11th 7.00am - 7.00pm	07:15	Boxing	Helen O
Tuesday Jan 11th 7.00am - 7.00pm	07:15	Aqua HIIT	Karen H
Tuesday Jan 11th 7.00am - 7.00pm	08:15	Deep Water Running	Karen H
Tuesday Jan 11th 7.00am - 7.00pm	09:15	Body Pump	Karen WS
Tuesday Jan 11th 7.00am - 7.00pm	09:15	Cycle	Anna B
Tuesday Jan 11th 7.00am - 7.00pm	09:15	Vinyasa Yoga	April C (cover for Gisele C)
Tuesday Jan 11th 7.00am - 7.00pm	09:15	Pilates Reformer	Mary O'S
Tuesday Jan 11th 7.00am - 7.00pm	10:30	Pilates Reformer	Mary O'S
Tuesday Jan 11th 7.00am - 7.00pm	18:00	Pilates Reformer Advanced	Kirstan G
Tuesday Jan 11th 7.00am - 7.00pm	18:15	Body Pump	Tanya C
Tuesday Jan 11th 7.00am - 7.00pm	18:15	Cycle	Bridget M
Tuesday Jan 11th 7.00am - 7.00pm	18:30	Hot Yoga	John B
Wednesday Jan 12th 7.00am - 7.00pm	07:15	Body Pump	Ellen M
Wednesday Jan 12th 7.00am - 7.00pm	07:15	Cycle	Tanya C
Wednesday Jan 12th 7.00am - 7.00pm	07:15	Aqua Exercise	Karen H
Wednesday Jan 12th 7.00am - 7.00pm	08:15	Pilates Mat Moves	Tanya C
Wednesday Jan 12th 7.00am - 7.00pm	08:15	Cycle	Anna B
Wednesday Jan 12th 7.00am - 7.00pm	08:15	Deep Water Running	Karen H
Wednesday Jan 12th 7.00am - 7.00pm	09:15	Abs and Core	Anna B
Wednesday Jan 12th 7.00am - 7.00pm	09:15	Hot Yoga	Winnie Au
Wednesday Jan 12th 7.00am - 7.00pm	09:15	Pilates Reformer	Jo A
Wednesday Jan 12th 7.00am - 7.00pm	10:30	Pilates Reformer	Jo A
Wednesday Jan 12th 7.00am - 7.00pm	17:30	Boxing	Jonathan V
Wednesday Jan 12th 7.00am - 7.00pm	18:00	Vinyasa Yoga	Simone R
Wednesday Jan 12th 7.00am - 7.00pm	18:00	Cycle	Anna B
Wednesday Jan 12th 7.00am - 7.00pm	18:00	Pilates Reformer	Fleur A
Wednesday Jan 12th 7.00am - 7.00pm	18:30	HIIT	Jonathan V
Thursday Jan 13th 7.00am - 7.00pm	07:15	HIIT	Aynur C
Thursday Jan 13th 7.00am - 7.00pm	07:15	Pilates Reformer Advanced	Tanya C
Thursday Jan 13th 7.00am - 7.00pm	07:15	Aqua Exercise	Bridget M
Thursday Jan 13th 7.00am - 7.00pm	08:15	Aqua HIIT	Bridget M
Thursday Jan 13th 7.00am - 7.00pm	09:15	Cycle	Anna B
Thursday Jan 13th 7.00am - 7.00pm	10:30	Pilates Reformer	Julia S
Thursday Jan 13th 7.00am - 7.00pm	11:45	Wyser Pilates Mat Moves	Julia S
Thursday Jan 13th 7.00am - 7.00pm	17:30	Abs and Core	Anna B
Thursday Jan 13th 7.00am - 7.00pm	18:00	Pilates Reformer	Jo A
Thursday Jan 13th 7.00am - 7.00pm	18:30	Hot Yoga	John B
Friday Jan 14th 7.00am - 7.00pm	07:15	HIIT	Jonathan V
Friday Jan 14th 7.00am - 7.00pm	07:15	Hot Yoga	Winnie Au
Friday Jan 14th 7.00am - 7.00pm	07:15	Pilates Mat Moves	Bridget M
Friday Jan 14th 7.00am - 7.00pm	07:15	Aqua HIIT	Raz S
Friday Jan 14th 7.00am - 7.00pm	08:15	Kickboxing	Jonathan V
Friday Jan 14th 7.00am - 7.00pm	08:15	Deep Water Running	Raz S
Friday Jan 14th 7.00am - 7.00pm	09:15	Cycle	Anna B
Friday Jan 14th 7.00am - 7.00pm	09:15	Pilates Reformer Advanced	Fleur A
Friday Jan 14th 7.00am - 7.00pm	10:30	Pilates Reformer	Fleur A
Saturday Jan 15th 7.00am - 7.00pm	07:10	Deep Water Running	Raz S (cover for Samantha C)
Saturday Jan 15th 7.00am - 7.00pm	08:00	Cycle	Julie W
Saturday Jan 15th 7.00am - 7.00pm	08:00	Pilates Reformer	Tanya C
Saturday Jan 15th 7.00am - 7.00pm	08:05	Aqua Exercise	Raz S (cover for Samantha C)
Saturday Jan 15th 7.00am - 7.00pm	09:00	Cycle	Anna B
Saturday Jan 15th 7.00am - 7.00pm	09:15	Hot Yoga	Gisele C
Saturday Jan 15th 7.00am - 7.00pm	09:15	Pilates Reformer	Belinda J
Saturday Jan 15th 7.00am - 7.00pm	09:15	Body Pump	Tanya C
Saturday Jan 15th 7.00am - 7.00pm	10:30	Vinyasa Yoga	Gisele C
Sunday Jan 16th 7.00am - 7.00pm	07:15	Aqua HIIT	Bridget M
Sunday Jan 16th 7.00am - 7.00pm	08:15	Pilates Reformer	Bridget M
Sunday Jan 16th 7.00am - 7.00pm	09:15	Cycle	Julie W
Sunday Jan 16th 7.00am - 7.00pm	10:15	Vinyasa Yoga	Gisele C
Sunday Jan 16th 7.00am - 7.00pm	15:00	Aqua Yoga	Fleur A

Timetable subject to change. Please refer to our client portal for live and up to date session times.

For membership enquiries, please email [members@melbournesportscentres.com.au](mailto:members@melbournesportscentres.com.au)