

GROUP FITNESS TERM 4, 2018



WANANGKURA STADIUM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	metafit 30	CIRCUIT TRAINING 45	BODYPUMP 45	LES MILLS SPRINT 30	CIRCUIT TRAINING 45		
8:05am						LES MILLS SPRINT 30	
8:30am							metafit 30
8:40am						BODYPUMP 45	
8:45am	GRIT 30	BODYPUMP	R3T Results Based Training	BODY BLITZ LES MILLS * BODYSTEP	CIRCUIT TRAINING 45	JUNGLE BODY	
9:00am							BODYPUMP
9:15am	CXWORX 30						
9:35am					ROUAFLEX 30	CXWORX 30	
10:00am	yoga		BODYBALANCE				BODYBALANCE
10:15am					yoga	BODYBALANCE 45	
4:30pm	metafit 30	LES MILLS SPRINT 30	R3T Results Based Training	GRIT 30	LES MILLS SPRINT 30		
5:05pm	BODYPUMP	CXWORX 30			BODYPUMP		
5:15pm			BOXING	VYPA			
5:35pm		BODYBALANCE 45					
6:30pm	CIRCUIT TRAINING 45		BODYPUMP				
6:45pm				yoga			

SOUTH HEDLAND AQUATIC CENTRE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15pm	BOOT CAMP	aqua					

*AQUA classes begin Tuesday 13th November

*BODYBLITZ / BODYSTEP classes alternate each week per instructor availability

GRATWICK AQUATIC CENTRE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15pm		BOOT CAMP					

WANANGKURA STADIUM CRECHE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session One	8:30am-10:00am	8:30am-10:00am	8:30am-10:00am	8:30am-10:00am	8:30am-10:00am	8:00am-9:30am	
Session Two	10:00am-11:30am		10:00am-11:30am		10:00am-11:30am	9:30am-11:00am	
Session Three	4:15pm-6:15pm	4:15pm-6:30pm	4:15pm-6:15pm	4:15pm-6:30pm	4:15pm-6:15pm		



WANANGKURA STADIUM

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