



reh-fit  
centre

# Group Fitness Schedule

Class schedule and location subject to change.  
Check [www.reh-fit.com](http://www.reh-fit.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15 - 7:00 am (A) Ride	6:15 - 6:45 am (FA) Indo-Row	6:15 - 7:05 am (A) Sculpt	6:15 - 6:45 am (A) HIIT	6:15 - 7:00 am (A) Ride	
	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 pm (FA) TBC Express	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 am (FA) Core Balance	
	8:15 - 9:10 am (FA) 20/20	8:15 - 9:10 am (FA) TBC	8:15 - 9:10 am (FA) TBC	8:15 - 8:45 am (FA) Cardio Fit	8:15 - 9:10 am (FA) TBC	
	8:30 - 9:25 am (A) Sculpt		8:30 - 9:25 am (A) Sculpt Circuit			8:30 - 9:25 am (FA) TBC
9:00 - 9:55 am (A) Zumba	9:15 - 9:45 am (FA) Core Balance		9:15 - 9:45 am (FA) S & S		9:15 - 9:45 am (FA) Cardio-Fit	8:55 - 9:50 am (A) Sculpt
	9:30 - 10:25 am (A) Cardio Interval	9:30 - 10:25 am (A) Plyoflex	9:30 - 10:25 am (A) Sculpt Circuit	9:30 - 10:25 am (A) MIIT	9:30 - 10:25 am (A) 4 x 4	
10:00 - 10:30 am (A) HIIT	10:00 - 10:30 am (FA) S & S	10:00 - 10:30 am (FA) Cardio-Fit	10:00 - 10:30 am (FA) Cardio-Fit	10:00 - 10:30 am (FA) S & S	10:00 - 10:30 am (FA) Core Balance	10:00 - 10:30 am (FA) S & S
		10:30 - 11:00 am (A) Zumba				10:00 - 10:55 am (A) Cardio Kick
10:30 - 11:00 am (FA) Indo-Row			10:30 - 11:00 am (FA) Dance Party			
		10:45 - 11:15 am (FA) Indo-Row	10:45 - 11:30 am (A) Ride	10:45 - 11:15 am (FA) Indo-Row		
11:00 - 11:55 am (A) Sculpt		11:15 - 11:45 am (A) Gentle Fit		11:15 - 11:45 am (A) Gentle Fit	11:15 am - 12:10 pm (A) Zumba	11:00 - 11:55 am (A) Plyoflex
11:15 - 11:45 am (FA) Core Balance						
	12:00 - 12:30 pm (FA) S & S	12:00 - 12:30 pm (FA) Core Balance	12:00 - 12:30 pm (FA) Core Balance	12:00 - 12:30 pm (FA) S & S	12:00 - 12:30 pm (FA) S & S	
12:15 - 1:00 pm (A) Ride	12:00 - 12:45 pm (A) Ride	12:00 - 12:30 pm (A) HIIT	12:00 - 12:55 pm (A) Ride/Sculpt	12:00 - 12:45 pm (A) Weights/ Stretch	12:15 - 1:00 pm (A) Ride	12:15 - 1:10 pm (A) Ride/Sculpt
	1:30 - 2:25 pm (FA) TBC		1:30 - 2:25 pm (FA) 20/20		1:30 - 2:00 pm (FA) TBC Express	2:00 - 2:30 pm (FA) Indo-Row
					4:30 - 5:25 pm (A) Plyoflex	
	5:00 - 5:30 pm (FA) S & S	5:00 - 5:30 pm (FA) TBC Express		5:00 - 5:30 pm (FA) S & S	5:00 - 5:55 pm (FA) Indo-Row/Sculpt	
				5:00 - 5:30 pm (A) HIIT		
	5:30 - 6:00 pm (FA) Core Balance	5:30 - 6:15 pm (A) Ride	5:30 - 6:00 pm (FA) Cardio-Fit	5:45 - 6:40 pm (A) Sculpt	5:30 - 6:25 pm (A) Zumba	
	5:30 - 6:25 pm (A) High Fitness		5:30 - 6:25 pm (A) Cross Trainer			<b>LEGEND</b>
	6:00 - 6:30 pm (FA) Indo-Row			6:00 - 6:45 pm (FA) Row/Ride Circuit		
	6:30 - 7:15 pm (A) Ride	6:30 - 7:25 pm (A) Sculpt	6:30 - 7:15 pm (A) Ride	6:45 - 7:40 pm (A) Cardio Kick		FA = Fitness Area Hardwood Floor
		7:00 - 7:45 pm (FA) Row/Ride Circuit	7:00 - 7:55 pm (FA) TBC	7:00 - 7:30 pm (FA) S & S		Level 1
	7:30 - 8:25 pm (A) Zumba	7:30 - 8:25 pm (A) Cardio Kick				Level 2-3