

GROUP FITNESS TIMETABLE

EFFECTIVE NOV 2018

MON - FRI: 5AM - 8PM
 SAT: 7AM - 3PM
 SUN: 7AM - 1PM
 PUBLIC HOLIDAYS: 7AM - 12PM

STUDIO 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45AM	Total Tone	Body Pump	Step Moves	XFit Outdoors	Body Balance	7:00am XFit Outdoors	
6:45AM					XFit Indoors		
8:45AM	Body Pump	Sh'Bam	Body Attack	Pilates	Total Tone	8:30am Body Attack	8:30am Step Moves
9:30AM	Body Attack	Total Tone	Body Pump	Attack ABT	Sh'Bam	Body Pump	Body Pump
10:30AM	Body Balance	Pilates	Body Balance	Body Pump	Yoga	Yoga	Body Balance
5:30PM	Body Pump	XFit Outdoors	Body Pump	XFit Outdoors	Body Pump		
6:30PM	Yoga	Pilates	Yoga	Yoga			

STUDIO 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45AM		Spin Box			Spin Run		
9:00AM	Spin		Spin		Spin	8:30am Spin	
5:45PM		Spin		Spin			

MAIN FLOOR

	MON	TUE	WED	THUR	FRI
8:45AM	Boxing				
9:30AM				Boxing	
10:30AM	Flex				

