

# GROUP FITNESS TIMETABLE

EFFECTIVE 25<sup>th</sup> AUGUST 2019

MON - FRI: 5AM - 8PM

SAT: 7AM - 3PM

SUN: 7AM - 1PM

PUBLIC HOLIDAYS: 7AM - 12PM

## S T U D I O 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45AM	Total Tone	Body Pump	Step Moves	XFit	Body Balance		
8:00AM				8:00am Pilates			7:15am Yoga Hatha
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 Hatha	Yoga Hatha	Body Balance
5:30PM	Body Pump	XFit	Body Pump	XFit	Body Pump		
6:30PM	Yoga Power	Pilates	Yoga Yin	Yoga Vinyasa			

## S T U D I O 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45AM		Spin Box			Spin Run	7:45am Power Spin	
9:00AM	Spin		Spin		Spin	8:30am Spin	
5:45PM		Spin		Spin			

## M A I N F L O O R

	MON	TUE	WED	THUR	FRI	SAT	SUN
8:45AM	Boxing					7:00am XFit	
9:30AM				Boxing			
10:30AM	Flex						
6:00PM	Boxing						