

Class Timetable

as of August, 2018

Group Fitness Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	BodyPump (30) CXWorx (30)	BodyBalance (45)	Tabata 'n Boxing (45)	BootCamp (45)	BodyStep (45)		
8.00am						CXWorx (30)	
8.30am	BodyAttack (45)	CXWorx (30) 8.45am	Cardio Circuit (45)	BodyPump (30)		Tabata 'n Circuit (60)	
9.00am				CXWorx (30)			
9.15am	BodyStep (45)	Ki Max (45)	BodyPump (60)	Zumba (60) 9.30am	BodyAttack (45)	BodyBalance 9.45am (60)	Yoga (60)
10.00am	BodyPump (60)	Pilates (60)			BodyPump (45)		
11.00am					Pilates (60)		
12.00pm	BodyBalance (60)	Body Conditioning (60)	Yoga (60)	Body Conditioning (60)			
6.00pm	BodyStep (45)	BodyStep (45)				Please Note: - Instructors may change at short notice. - Class format may change if instructor cannot be replaced. - Please ensure you bring a towel and/or yoga mat and water to all classes. - Please turn off mobile phones or on silent when in class. Classes with 3 or less attendees may be cancelled at time of class.	
6.45pm	Boxing	BodyPump (60)	BodyAttack (45)				
7.45pm	Pilates (60)	Yoga (60)	BodyPump (30) 7.30pm				

Length of Group Fitness Classes are stated in brackets, eg.(45) = 45 Minutes
 Classes that are (30) minute formats can be attended individually or combined for full 60 minutes

Indoor Cycle Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	RPM		RPM		RPM		
8.40am						RPM	
9.15am		RPM		RPM			
9.30am							RPM
6.45pm		RPM		RPM			

All RPM Classes are approx. 55 Minutes

Club Hours (Ph 9651 5001)

Mon-Wed 5.30am - 10.00pm
 Thu-Fri 5.30am - 9.00pm
 Saturday 7.00am - 6.00pm
 Sunday 9.00am - 4.00pm

Kids Korner Hours (Ph 9651 4001 - Bookings Required)

Mon-Fri 8.30am - 1.00pm
 Saturday 8.00am - 11.00am