

Class Timetable

as of 1st of May, 2018

Group Fitness Room

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|------------------------------|------------------------|-------------------------|------------------------|-----------------|--|-----------|
| 6.00am | BodyPump (30) CXWorx (30) | Pilates (60) | 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) | Tabata (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) | | | | | |
| 6.45pm | Box 'n Circuit (60) | BodyPump (60) | BodyAttack (45) | | | | |
| 7.45pm | Pilates (60) | Yoga (60) | BodyPump (30) 7.30pm | | | | |
| | | | | | | 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. | |

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