

# Class Timetable

as of April, 2017

## Group Fitness Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6.00am	BodyPump (30)	Pilates (60)	Tabata 'n Boxing (45)	BootCamp (45)	BodyStep (45)			
	CXWorx (30)							
8.00am						CXWorx (30)		
8.30am	BodyAttack (45)	CXWorx (30) 8.45am	BodyAttack (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)				
							<b>Please Note:</b> - 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.	
6.00pm	BodyStep (45)	BodyStep (45)						
6.45pm	Box 'n Circuit (60)	BodyPump (60)	BodyAttack (45)					
7.45pm	Pilates (60)	Yoga (60)	BodyPump (60) 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				
8.40am						RPM	
9.15am		RPM		RPM			
9.30am							RPM
6.45pm		RPM	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 - 11.30am

[www.resolutionfitness.com.au](http://www.resolutionfitness.com.au)