

2011 Spring - Summer Timetable

Effective from Monday 26th September, 2011



Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	BootCamp / Boxing/Circuit	BodyStep (45)	BootCamp / Boxing/Circuit	BodyPump	Boxing (45)	
9.00am	BodyStep (45)	Sh'bam (45)	BodyPump (45)	Boxing (45)	BodyAttack (45)	8.30am BodyStep
9.45am	BodyPump	BodyAttack	BodyStep/Sh'bam (alternates)	ABT	BodyPump	9.30am BodyBalance
					11.00am Pilates	10.30am BodyPump
						11.30am ZUMBA!
12.00pm	BodyBalance	Body Conditioning	Yoga	Body Conditioning	Cycle	
4.00pm	* Schoolies * BootCamp (12-18yrs, \$10)		* Schoolies * Circuit (12-18yrs, \$10)			
5.45pm	6pm Sh'bam (45)	5.45pm BodyStep		6pm Pilates		
6.45pm	BodyStep	BodyPump	BodyAttack	7pm ZUMBA! (45)		
7.45pm	ABT	Yoga	Pilates (45)	BodyBalance		

Class Information

Instructors may change at short notice.

Class format may change if instructor cannot be replaced.

Please ensure you bring a towel & water to all classes

Please turn off mobile phones or on silent when in class.

Classes with <4 attendees may be cancelled

All Group Fitness Classes = 60 Minutes, unless stated in brackets, eg.(45) = 45 Minutes

Cycle Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	RPM			RPM			
				Cycle 9.00am		Cycle 8.30am	
10.00am	RPM	Cycle	RPM				RPM 9.30am
12.00pm					Cycle		
5.00pm							
6.00pm			RPM				
7.00pm	RPM	RPM		Cycle			

All Cycle Class = 45 Minutes RPM = 50/55 Minutes

Club Open Hours

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

Kids Korner - Ph 9651 4001

(Bookings Essential)

Mon-Fri	8.30am - 1.00pm
Mon Evening	3.30pm - 7.00pm
Saturday	8.30am - 12.30pm