



## GROUP CLASS TIME TABLE

Current as of 28th January 2019

Flat rate of \$12 per class or enquire about group class membership

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b>					
BOXING 6am (1hr)	BODYPUMP 6:30am (30 mins)		WORKOUT OF THE DAY 6:30 am (30mins)	HIIT 6am (1hr)	
		HIIT 7:00am (45mins)			
					YOGA 7:45am (1hr)
		YOGA 9:30am (1hr)			BODYPUMP 9am (1hr)
<b>EVENING CLASSES</b>					<b>SUNDAY</b>
	WORKOUT OF THE DAY 5:30 pm (1hr)		BOXING/HIIT 5:30pm (1hr)	BODYPUMP 5:45pm (45mins)	
BODYPUMP 6pm (1hr)	GYMSTICK 6pm (1hr)	YOGA 6pm (1hr)			
		BODYPUMP 7:15pm (45mins)			

	Cardio Muscular Endurance
	Freestyle Group Training
	Active Dynamic Training
	Strength
	Mind & Body
	Mix of Weights and Cardio Training
HIIT	High Intensity Interval Training
LESMILLS	BODYPUMP - go to <a href="http://lesmills.com.au">lesmills.com.au</a> to view classes

**\*\* classes subject to change we will do our best to ensure members and guest are advised prior to class please keep an eye on our facebook page for all up to date information**