






























GROUP FITNESS TIMETABLE

TIME	MON	TUES	WED	THURS	FRID	TIME	SAT	SUN
6:00am	HIIT 				 HIIT	8:30am	 	
9:30am	 	XTRAINING CIRCUIT			 HIIT & 	9:30am		
10:30am		<i>Pilates</i>				10:30am	<i>Pilates</i>	
12:15pm	Active Adults							
5:30pm								
5:50pm			HIIT					
6:00pm	  45 Minutes					4:30pm		
6:30pm				BOXING		OPENING HOURS Monday – Thursday 5.30am – 9.00pm Friday 5.30am – 8.00pm Saturday & Sunday 7.30am – 6.00pm		
6:45pm								
7:00pm	 45 Minutes							
7:10pm						Creche opening times Monday - Friday 9.00am - 11.30am Saturday 8.15am - 11.30am		
7:15pm		YOGA 						
7:45pm								
						32 Robert St, Rozelle Sydney NSW 2039		