






























GROUP FITNESS TIMETABLE

TIME	MON	TUES	WED	THURS	FRID	TIME	SAT	SUN
6:00am	HIIT 				 HIIT	8:30am	 	
9:30am	 	XTRAINING CIRCUIT		 45 Minutes	 HIIT & 	9:30am		
10:30am		<i>Pilates</i>				10:30am	<i>Pilates</i>	
12:15pm	Active Adults	 Heart Strong						
5:30pm								
5:50pm			HIIT					
6:00pm	 					4:30pm		
6:30pm			 	BOXING		OPENING HOURS Monday – Thursday 5.30am – 9.00pm Friday 5.30am – 8.00pm Saturday & Sunday 7.30am – 6.00pm		
7:00pm	 45 Minutes			YOGA 				
7:10pm						Crèche 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		