






















GROUP FITNESS TIMETABLE

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