



















GROUP FITNESS TIMETABLE

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