





















GROUP FITNESS TIMETABLE

TIME	MON	TUES	WED	THURS	FRID	TIME	SAT	SUN
6:00am	HIIT	 BODYPUMP	 HIIT	 BODYPUMP	 HIIT	8:20am		 BODYPUMP
9:30am	 BODYPUMP	XTRAINING CIRCUIT	 BODYPUMP	 BODYATTACK 45 Minutes	 HIIT	8:30am	 BODYPUMP	 rpm
10:30am		<i>Pilates</i>	 BODY BALANCE		 BODY BALANCE	9:30am	 BODYATTACK	 BODY BALANCE
12:15pm	Active Adults	Heart Strong 				10:30am	<i>Pilates</i>	
5:30pm								
5:50pm								
6:00pm	 BODYPUMP	HIIT	HIIT	HIIT				
6:30pm			 CYCLE			<p><i>OPENING HOURS</i></p> <p>Monday - Thursday - 5.30am - 9.00pm</p> <p>Friday - 5.30am - 8.00pm</p> <p>Saturday - 7.30am - 6.00pm</p> <p>Sunday - 7.30am - 2.00pm</p>		
7:00pm	 BODYATTACK 45 Minutes							
7:10pm								
7:15pm		YOGA 				<p><i>CRECHE OPENING TIMES</i></p> <p>Monday - Friday - 9.00am - 11.30am</p> <p>Saturday - 8.15am - 11.30am</p>		
7:45pm						<p>32 Robert St, Rozelle Sydney NSW 2039</p>		