

– MONDAY – **5TH NOVEMBER**

REDUCED CLASSES

7:00am MYRIDE+ VIRTUAL

7:00am BODYPUMP

12:15pm RPM

12:15pm REFORMER

12:15pm MAT PILATES

1:05pm REFORMER

1:10pm MYRIDE+ VIRTUAL

1:10pm WARM YIN YOGA

5:30pm RPM

5:30pm POWER YOGA

6:30pm BODYPUMP



SOUTH PACIFIC
HEALTH CLUBS

— TUESDAY 6TH NOVEMBER —

MELBOURNE CUP DAY

CLOSED

NORMAL WEEKLY TRADING HOURS AND CLASSES
WILL RESUME WEDNESDAY 7TH NOVEMBER.

ALL MEMBERS HAVE ACCESS TO SOUTH
PACIFIC HEALTH CLUBS ST KILDA SEA BATHS
ON PUBLIC HOLIDAYS.



SOUTH PACIFIC
HEALTH CLUBS