

	MONDAY 17/12/18	TUESDAY 18/12/18	WEDNESDAY 19/12/18	THURSDAY 20/12/18	FRIDAY 21/12/18	SATURDAY 22/12/18	SUNDAY 23/12/18
6:05am	VIRTUAL CYCLE	PILATES REF (INT) VIRTUAL CYCLE	RPM	PILATES REF (INT) VIRTUAL CYCLE	RPM		
6:15am			BOXING 45		BOOTCAMP 45		
7:00am	PILATES REF (INT) VIRTUAL CYCLE	BODYPUMP 45 VIRTUAL CYCLE	● PILATES REF (INT) VIRTUAL CYCLE	BODYPUMP 45 VIRTUAL CYCLE	VIRTUAL CYCLE		
8:00am						RPM PILATES REF (BEG)	
9:00am						BODYPUMP	BODYPUMP 45 PILATES REF (INT)
9:30am	CXWORX PILATES REF (INT) VIRTUAL CYCLE	SH'BAM PILATES REF (INT)	BASE BUILDER YOGA VINYASA	SH'BAM PILATES REF (INT)	BODYPUMP 45 YOGA VINYASA		RPM HI PERFORM
9:45am							BODYCOMBAT 45
10:00am	BODYCOMBAT 45						YOGA VINYASA
10:15am						CXWORX	
10:30am		BODYBALANCE	VIRTUAL CYCLE	BODYBALANCE	VIRTUAL CYCLE PILATES REF (INT)		BODYJAM
10:45am						BODYCOMBAT 45 PILATES REF (INT)	
11:30am						SH'BAM YOGA VINYASA	BODYBALANCE 45
12:30pm	PILATES REF (INT) VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE BODYPUMP 45 PILATES REF (INT)	VIRTUAL CYCLE		
5:30pm	BODYPUMP 45 PILATES REF (INT) VIRTUAL CYCLE	BODYCOMBAT 45 VIRTUAL CYCLE	PILATES REF (INT)		VIRTUAL CYCLE		
5:45pm			GRIT STRENGTH				
6:00pm		PILATES REF (ADV)	VIRTUAL CYCLE	BODYJAM 45 YOGA VINYASA PILATES REF (BEG)	SH'BAM FF		
6:15pm	WARRIOR	GRIT STRENGTH YOGA VINYASA BODY BLAST	CXWORX YOGA YIN		YOGA YIN		
6:30pm	YOGA VINYASA PILATES REF (INT) VIRTUAL CYCLE BODYCOMBAT 45	RPM	SPIN	VIRTUAL CYCLE	VIRTUAL CYCLE		
6:45pm		CXWORX					
7:00pm	BASE BUILDER SH'BAM		BODYCOMBAT AGILITY	BODYPUMP 45 PILATES REF (INT) VIRTUAL CYCLE			
7:30pm	YOGA YIN VIRTUAL CYCLE	BODYJAM VIRTUAL CYCLE	YOGA VINYASA VIRTUAL CYCLE				

PLEASE NOTE: Please arrive 5 minutes before class begins. For safety, no entry after warm up.

For the most up to date class times and instructors, please visit www.southpacifichc.com.au

- You will notice that we've placed some orange dots on our Timetable. These orange dot classes have been orange flagged for review. For it to remain on the timetable, please show your support by attending. If you cannot make that time slot or have further feedback on the class, please let us know by emailing our Group Fitness Manager Etienne, etienne@southpacifichc.com.au.