

	MONDAY 24/12/18 XMAS EVE	TUESDAY 25/12/18 XMAS DAY	WEDNESDAY 26/12/18 BOXING DAY	THURSDAY 27/12/18	FRIDAY 28/12/18	SATURDAY 29/12/18	SUNDAY 30/12/18
6:05am	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	RPM		
7:00am	VIRTUAL CYCLE PILATES REF (INT)	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE BODYPUMP 45	VIRTUAL CYCLE		
8:00am						RPM PILATES REF (BEG)	
9:00am						BODYPUMP	BODYPUMP 45
9:30am	CXWORX VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	SH'BAM	BODYPUMP 45		
9:45am							BODYCOMBAT 45
10:00am	BODYCOMBAT 45						
10:15am						CXWORX	
10:30am		VIRTUAL CYCLE	VIRTUAL CYCLE	BODYBALANCE 45	PILATES REF (INT)		BODYJAM
10:45am						BODYCOMBAT 45	
11:30am						SH'BAM	BODYBALANCE 45
12:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (INT)	VIRTUAL CYCLE		
5:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
6:00pm	VIRTUAL CYCLE		VIRTUAL CYCLE	BODYJAM 45 YOGA VINYASA	SH'BAM FF		
6:15pm					YOGA YIN		
6:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE		VIRTUAL CYCLE	VIRTUAL CYCLE		
7:00pm				BODYPUMP 45			

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.