

	MONDAY 31/12/18 NY EVE	TUESDAY 1/1/19 NY DAY	WEDNESDAY 2/1/19	THURSDAY 3/1/19	FRIDAY 4/1/19	SATURDAY 5/1/19	SUNDAY 6/1/19
6:05am	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (INT)	RPM		
7:00am	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE BODYPUMP 45	VIRTUAL CYCLE		
8:00am						RPM PILATES REF (BEG)	
9:00am						BODYPUMP	BODYPUMP 45 PILATES REF (INT)
9:30am	CXWORX VIRTUAL CYCLE	VIRTUAL CYCLE	YOGA VINYASA	SH'BAM PILATES REF (INT)	BODYPUMP 45 YOGA VINYASA		RPM HI PERFORM
9:45am							BODYCOMBAT 45
10:00am	BODYCOMBAT EXP						YOGA VINYASA
10:15am						CXWORX	
10:30am		VIRTUAL CYCLE	VIRTUAL CYCLE	BODYBALANCE 45	VIRTUAL CYCLE PILATES REF (INT)		BODYJAM
10:45am						BODYCOMBAT 45 PILATES REF (INT)	
11:30am						SH'BAM YOGA VINYASA	BODYBALANCE 45
12:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	BODYPUMP 45 PILATES REF (INT)	VIRTUAL CYCLE		
5:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (INT)		VIRTUAL CYCLE		
5:45pm			GRIT STRENGTH				
6:00pm			VIRTUAL CYCLE	BODYJAM 45 YOGA VINYASA PILATES REF (BEG)	SH'BAM		
6:15pm			CXWORX YOGA YIN		YOGA YIN		
6:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	SPIN	VIRTUAL CYCLE	VIRTUAL CYCLE		
7:00pm			BODYCOMBAT	BODYPUMP 45			
7:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	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.