

SUMMER GROUP FITNESS TIMETABLE SOUTH PACIFIC HEALTH CLUBS CHADSTONE

COMMENCING MONDAY 31ST DECEMBER 2018

	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	YOGA VINYASA	SH'BAM	BODYPUMP 45		RPM HI PERFORM
	VIRTUAL CYCLE			PILATES REF (INT)	YOGA VINYASA		
9:45am							BODYCOMBAT 45
10:00am	BODYCOMBAT EXP						YOGA VINYASA
10:15am						CXWORX	
10:30am		VIRTUAL CYCLE	VIRTUAL CYCLE	BODYBALANCE 45	VIRTUAL CYCLE		BODYJAM
					PILATES REF (INT)		
10:45am						BODYCOMBAT 45	
						PILATES REF (INT)	
11:30am						SH'BAM	BODYBALANCE 45
12.70	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	BODYPUMP 45	VIRTUAL CYCLE	YOGA VINYASA	
12:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (INT)	VIRTUAL CYCLE		
5:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (INT)	FILATES REF (INT)	VIRTUAL CYCLE		
5:45pm	VINTOAL CICLE	VIRTOALCICLE	GRIT STRENGTH		VIRTOALCICLE		
6:00pm			VIRTUAL CYCLE	BODYJAM 45	SH'BAM		
0.0000			VIIIIOALCICLE	YOGA VINYASA	SILDAM		
				PILATES REF (BEG)			
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				
				and the second			

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.

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www.southpacifichc.com.au

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