

	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
7:00am	REFORMER PILATES 45 Reformer Studio MYRIDE+ VIRTUAL 30 Cycle Studio	ADVANCED BOXING 45 Main Studio RPM 45 Cycle Studio BARRE 45 Wellness Studio	THE GAUNTLET 45 Main Studio REFORMER PILATES 45 Reformer Studio	MYRIDE + VIRTUAL 30 Cycle Studio	MYRIDE + VIRTUAL 30 Cycle Studio		
9:00am						MYRIDE+ VIRTUAL 60 Cycle Studio	
10:15am						MYRIDE+ VIRTUAL 60 Cycle Studio	
11:40am	TABATA 30 Main Studio	POWERCORE 30 Main Studio					
12:15pm	GRIT CARDIO 30 Main Studio REFORMER PILATES 45 Reformer Studio MAT PILATES 45 Wellness Studio RPM 45 Cycle Studio	BODYPUMP 45 Main Studio MAT PILATES 45 Wellness Studio RPM 45 Cycle Studio	CIRCUIT 45 Main Studio REFORMER PILATES 45 Reformer Studio BARRE 45 Wellness Studio MYRIDE+ VIRTUAL 60 Cycle Studio	BODYPUMP 45 Main Studio MAT PILATES 45 Wellness Studio	CIRCUIT 45 Main Studio REFORMER OPEN 45 Reformer Studio	MYRIDE+ VIRTUAL 60 Cycle Studio	MYRIDE+ VIRTUAL 60 Cycle Studio
1:05pm	REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio BODYBALANCE 45 Wellness Studio	MYRIDE + VIRTUAL 30 Cycle Studio REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio HATHA YOGA 45 Wellness Studio	WARM HATHA YOGA 45 Wellness Studio	MYRIDE+ VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 45 Cycle Studio
1:10pm	CORE + STRETCH 45 Main Studio WARM YIN YOGA 45 Wellness Studio SPRINT 30 Cycle Studio	CIRCUIT 45 Main Studio	GRIT STRENGTH 30 Main Studio	SPRINT 30 Cycle Studio			
5:30pm	BODYATTACK 45 Main Studio RPM 45 Cycle Studio POWER YOGA 45 Wellness Studio	MYRIDE+ VIRTUAL 30 Cycle Studio REFORMER PILATES 45 Reformer Studio BODYPUMP 60 Main Studio HOT FLOW YOGA 60 Wellness Studio	MAT PILATES 60 Wellness Studio RPM 45 Cycle Studio	BODYPUMP 60 Main Studio REFORMER PILATES 45 Reformer Studio MYRIDE + VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 50 Cycle Studio		
6:15pm		MYRIDE+ VIRTUAL 30 Cycle Studio					
6:30pm	BODYPUMP 60 Main Studio MYRIDE+ VIRTUAL 60 Cycle Studio		MYRIDE + VIRTUAL 60 Cycle Studio	MYRIDE + VIRTUAL 60 Cycle Studio			

**PLEASE NOTE:** Classes will start on time as scheduled. Please allow plenty of time prior to class start time to secure and set up equipment. For safety, no entry after warmup.

For the most up to date class times and instructors, please visit [www.southpacifichc.com.au](http://www.southpacifichc.com.au)

Not all exercise programs are suitable for everyone. If you are new to exercise or pregnant, have any injuries or musculoskeletal issues please consult your physician before participating in any exercise program. The member assumes all risk of injury in attending, and the use of the equipment for the above group fitness classes. South Pacific Health Clubs and its Group Fitness Instructors are not responsible for any personal injury, property loss or death which may occur in South Pacific Health Clubs' Group Fitness classes.

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