



	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 NO CLASSES	SUNDAY 30/12/18 NO CLASSES
7:00am	MYRIDE+ VIRTUAL 30 Cycle Studio			MYRIDE+ VIRTUAL 30 Cycle Studio	MYRIDE+ VIRTUAL 30 Cycle Studio		
12:15pm	MYRIDE+ VIRTUAL 30 Cycle Studio			MYRIDE+ VIRTUAL 30 Cycle Studio	MYRIDE+ VIRTUAL 30 Cycle Studio		
1:10pm	MYRIDE+ VIRTUAL 30 Cycle Studio			MYRIDE+ VIRTUAL 30 Cycle Studio	MYRIDE+ VIRTUAL 30 Cycle Studio		
6:30pm				MYRIDE+ VIRTUAL 30 Cycle Studio	MYRIDE+ VIRTUAL 30 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

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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