

	MONDAY 31/12/18 NO CLASSES	TUESDAY 1/1/19 NO CLASSES	WEDNESDAY 2/1/19	THURSDAY 3/1/19	FRIDAY 4/1/19	SATURDAY 5/1/19	SUNDAY 6/1/19
7:00am			MYRIDE + VIRTUAL 30 Cycle Studio	MYRIDE + VIRTUAL 30 Cycle Studio	MYRIDE + VIRTUAL 45 Cycle Studio		
9:00am						MYRIDE+ VIRTUAL 60 Cycle Studio	
10:15am						BODYPUMP 60 Main Studio	
12:15pm			MYRIDE+ VIRTUAL 45 Cycle Studio	MAT PILATES 45 Wellness Studio	MYRIDE+ VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 60 Cycle Studio	MYRIDE+ VIRTUAL 60 Cycle Studio
1:05pm			MYRIDE + VIRTUAL 45 Cycle Studio	REFORMER PILATES 45 Reformer Studio	MYRIDE + VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 45 Cycle Studio
1:10pm				MYRIDE + VIRTUAL 30 Cycle Studio			
5:30pm			MYRIDE + VIRTUAL 45 Cycle Studio	BODYPUMP 60 Main Studio	MYRIDE+ VIRTUAL 50 Cycle Studio		
6:30pm			MYRIDE + VIRTUAL 45 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

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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