

SPRING GROUP FITNESS TIMETABLE

SOUTH PACIFIC HEALTH CLUBS MENTONE

COMMENCING MONDAY 17TH DECEMBER 2018

	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
6:00am	BODYPUMP 45 VIRTUAL CYCLE	PILATES REF	RPM 45	SPIN EXP PILATES REF	BODYPUMP 45		
6:15am		VIRTUAL CYCLE			VIRTUAL CYCLE		
8:30am	VIRTUAL CYCLE PILATES REF		VIRTUAL CYCLE	ACTIVE ADULTS	VIRTUAL CYCLE	BODYPUMP BOOTCAMP PILATES REF	SPIN PILATES REF
9:00am		VIRTUAL CYCLE		VIRTUAL CYCLE BODYPUMP	BODYBALANCE		
9:15am			BODYBALANCE				
9:30am	BARRE ACTIVE ADULTS PILATES REF	PILATES REF BOXING BODYPUMP	PILATES REF WORKOUT WARRIOR	PILATES REF YOGA - HOT	BOXING	RPM PILATES REF YOGA YIN	PILATES REF
10:00am					ZUMBA		YOGA - VINAYASA
10:15am			ZUMBA				
10:30am	VIRTUAL CYCLE	YOGA - YIN	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF VIRTUAL CYCLE		
11:00am						VIRTUAL CYCLE	VIRTUAL CYCLE
12:00pm	VIRTUAL CYCLE		VIRTUAL CYCLE		VIRTUAL CYCLE		
1:00pm		VIRTUAL CYCLE		VIRTUAL CYCLE			
4:30pm						VIRTUAL CYCLE	VIRTUAL CYCLE
5:45pm	BODYPUMP	PILATES REF BOXING	VIRTUAL CYCLE PUMP EXP	PILATES REF			
6:00pm	SPARTAN STRENGTH	SPIN EXP		CYCLE 45			
6:15pm	YOGA - HOT	YOGA - HATHA	CXWORX TRX	YOGA - HOT			
6:30pm	PILATES REF	WORKOUT WARRIOR BODYATTACK	PILATES REF	BODYPUMP BOOTCAMP	VIRTUAL CYCLE		
6:45pm			YOGA - HOT DYNAMIC FLOW				
7:00pm	BOXING	PILATES REF	BARRE	VIRTUAL CYCLE			
7:15pm	MEDITATION 30						
7:30pm	PILATES REF VIRTUAL CYCLE	VIRTUAL CYCLE					

PLEASE NOTE: Please arrive 5 minutes before class begins. For safety, no entry after warm up.

*Subject to change on availability. For the most up to date class times and instructors, please visit www.southpacifichc.com.au.

South Pacific Health Clubs Mentone
86-88 Balcombe Road, Mentone