

SPRING GROUP FITNESS TIMETABLE SOUTH PACIFIC HEALTH CLUBS MENTONE

COMMENCING MONDAY 24TH DECEMBER 2018

	MONDAY 24/12/18 XMAS EVE 6AM-2PM	TUESDAY 25/12/18 XMAS DAY UNSTAFFED	WEDNESDAY 26/12/18 BOXING DAY UNSTAFFED	THURSDAY 27/12/18 6AM-9PM	FRIDAY 28/12/18 6AM-8PM	SATURDAY 29/12/18 8AM-5PM	SUNDAY 30/12/18 8AM-4PM
6:00am	BODYPUMP 45 VIRTUAL CYCLE			SPIN EXP	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		
9:30am	BARRE ACTIVE ADULTS PILATES REF			PILATES REF	BOXING	RPM PILATES REF YOGA YIN	PILATES REF
10:00am							YOGA - VINYASA
10:30am	VIRTUAL CYCLE		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			VIRTUAL CYCLE	PILATES REF			
6:15pm				YOGA - HOT			
6:30pm				BODY PUMP	VIRTUAL CYCLE		
7:00pm				PILATES REF VIRTUAL CYCLE			
7:30pm	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