

# SPRING GROUP FITNESS TIMETABLE

## SOUTH PACIFIC HEALTH CLUBS MENTONE

COMMENCING MONDAY 31ST DECEMBER 2018

	MONDAY 31/12/18 NY EVE 6AM - 2PM	TUESDAY 1/1/19 NY DAY UNSTAFFED	WEDNESDAY 2/1/19	THURSDAY 3/1/19	FRIDAY 4/1/19	SATURDAY 5/1/19	SUNDAY 6/1/19
6:00am	BODYPUMP 45 VIRTUAL CYCLE			SPIN EXP PILATES REF			
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		WORKOUT WARRIOR	PILATES REF	BOXING	RPM PILATES REF YOGA YIN	PILATES REF
10:00am					ZUMBA		YOGA - VINYASA BODYATTACK
10:15am			ZUMBA				
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 PUMP EXP	BODYATTACK 45 PILATES REF			
6:15pm			TRX CXWORX				
6:30pm				BODYPUMP BOOTCAMP	VIRTUAL CYCLE		
7:00pm			BARRE	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](http://www.southpacifichc.com.au).

South Pacific Health Clubs Mentone  
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