

SUMMER GROUP FITNESS TIMETABLE

SOUTH PACIFIC HEALTH CLUBS PORT MELBOURNE

COMMENCING MONDAY 24TH DECEMBER 2018

	MONDAY 24/12/18 XMAS EVE	TUESDAY 25/12/18 XMAS DAY UNSTAFFED	WEDNESDAY 26/12/18 BOXING DAY UNSTAFFED	THURSDAY 27/12/18	FRIDAY 28/12/18	SATURDAY 29/12/18	SUNDAY 30/12/18
6:05am					SPIN		
8:00am						PILATES REF (INT)	
8:30am				★ RPM NEW CLASS			
9:15am				BODYPUMP			
9:30am	SPIN				SPIN	★ SPIN NEW TIME	
10:15am						BODYPUMP	
10:30am	PILATES REF (INT)			PILATES REF (INT)			
11:30am						MAT PILATES	
5:45pm					PILATES REF (INT)		
6:00pm				HIIT 30			
6:30pm				SPIN			

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

For the most up to date class times and instructors, please visit www.southpacifichc.com.au

- You will notice that we've placed some orange dots on our Timetable. These orange dot classes have been orange flagged for review. For it to remain on the timetable, please show your support by attending. If you cannot make that time slot or have further feedback on the class, please let us know by emailing our Group Fitness Manager Myles Kelly, myles@southpacifichc.com.au.

South Pacific Health Clubs Port Melbourne
2-6 Bay St, Port Melbourne
P: 9525 3533