

SUMMER GROUP FITNESS TIMETABLE

SOUTH PACIFIC HEALTH CLUBS PORT MELBOURNE

COMMENCING MONDAY 31ST DECEMBER 2018

	MONDAY 31/12/18 NY EVE	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
6:05am				RPM	SPIN		
				BODYPUMP 45			
7:00am				PILATES REF (INT)			
8:00am						PILATES REF (INT)	
8:30am				★ RPM NEW CLASS			
9:00am						HIIT 30	★ HIIT STRENGTH NEW CLASS
9:15am			BOXING	BODYPUMP			
9:30am	SPIN				SPIN	★ SPIN NEW TIME	BODYPUMP
							SPIN EXTREME 60
10:15am						BODYPUMP	
10:30am	PILATES REF (INT)		MAT PILATES	PILATES REF (INT)			YOGA VINYASA
11:30am						MAT PILATES	PILATES REF (INT)
5:45pm			BODYPUMP 45		PILATES REF (INT)		
6:00pm				HIIT 30			
6:30pm			SPIN	SPIN			
			HIIT 30				
			PILATES REF (INT)				
7:00pm			CORE 30	YOGA YIN			

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.

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