

SUMMER GROUP FITNESS TIMETABLE

SOUTH PACIFIC HEALTH CLUBS PORT MELBOURNE

COMMENCING MONDAY 7TH JANUARY 2019

	MONDAY 7/1/19	TUESDAY 8/1/19	WEDNESDAY 9/1/19	THURSDAY 10/1/19	FRIDAY 11/1/19	SATURDAY 12/1/19	SUNDAY 13/1/19
6:05am	BODYPUMP 45	SPIN	BOXING 45	RPM BODYPUMP 45	SPIN		
6:15am		MAT PILATES					
6:30am		HIIT STRENGTH ★ NEW CLASS					
7:00am	★ YOGA VINYASA NEW CLASS		PILATES REF (INT)	PILATES REF (INT)			
8:00am		ACTIVE ADULTS 30 ★ NEW TIME				PILATES REF (INT)	
8:30am				★ RPM NEW CLASS			
9:00am						HIIT 30	★ HIIT STRENGTH NEW CLASS
9:15am	DANCE 45	BODYPUMP	BOXING	BODYPUMP			
9:30am	SPIN	SPIN			SPIN	★ SPIN NEW TIME	BODYPUMP SPIN EXTREME 60
10:15am						BODYPUMP	
10:30am	PILATES REF (INT)		MAT PILATES	PILATES REF (INT)			YOGA VINYASA
10:45am		PILATES REF (BEG)					
11:30am						MAT PILATES	PILATES REF (INT)
5:45pm	BODYPUMP 45	PILATES REF (BEG)	BODYPUMP 45		PILATES REF (INT)		
6:00pm				HIIT 30			
6:30pm	SPIN HIIT 30 CORE 30	HIIT 30 BODYATTACK	SPIN HIIT 30 PILATES REF (INT)	SPIN			
7:00pm	BOXING 45		CORE 30	YOGA YIN			
8:00pm	PILATES REF (INT)						

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