

	MONDAY 17/12/18	TUESDAY 18/12/18	WEDNESDAY 19/12/18	THURSDAY 20/12/18	FRIDAY 21/12/18	SATURDAY 22/12/18	SUNDAY 23/12/18
6:15am	SPIN BEATS (C BY C) GRIT STRENGTH PILATES REF (INT)	RPM YOGA HOT VINYASA	SPRINT BODYPUMP 45	GRIT STRENGTH YOGA VINYASA	SPIN BEATS (C BY C)		
6:30am		SPARTAN STRENGTH	WARRIOR WORKOUT	WARRIOR WORKOUT	SPARTAN STRENGTH		
7:00am		PILATES REF (INT)					
7:15am					PILATES REF (BEG)		
8:30am				PILATES REF (BEG)		BODYPUMP SPIN STRONG (C BY C)	SPRINT
9:30am	PILATES REF (INT) RPM	BODYPUMP MAT PILATES WARRIOR WORKOUT	RPM FOUNDATION PILATES REF (INT) SPARTAN STRENGTH	BODYPUMP	YOGA HOT VINYASA RPM POWERCORE	BODYATTACK RPM FOUNDATION YOGA VINYASA PILATES REF (INT) WARRIOR WORKOUT	BODYPUMP RPM PILATES REF (BEG)
10:30am	BODYBALANCE	BARRE	BODYBALANCE	YOGA HOT VINYASA		YOGA HOT VINYASA WARRIOR WORKOUT	YOGA HATHA 90 WARRIOR WORKOUT
11:30pm					FELDENKRAIS		
12:30pm	YOGA ASHTANGA ACTIVE ADULTS	YOGA YIN	YOGA VINYASA ACTIVE ADULTS	PILATES REF (INT) FELDENKRAIS	YOGA HATHA RESTORE		
2:00pm						YOGA DYNAMIC FLOW	
4:30pm		FELDENKRAIS					
5:00pm	ABS 30						
5:30pm	BODYPUMP RPM BODYBALANCE 45 PILATES REF (INT)	BODYATTACK 45 SPIN STRONG (C BY C) YOGA YIN PILATES REF (BEG)	BODYPUMP RPM FOUNDATION YOGA HATHA PILATES REF (ADV)	YOGA HOT VINYASA	GRIT STRENGTH		
5:45pm	WARRIOR WORKOUT	POWERCORE		SPRINT			
6:00pm			OMNIA POWER CIRCUIT	PILATES REF (BEG) WARRIOR WORKOUT	YOGA HATHA RESTORE		
6:30pm	BODYCOMBAT SPRINT YOGA YIN PILATES REF (BEG)	BODYPUMP SPIN HEAT (C BY C) YOGA ASHTANGA BOXING	WARRIOR WORKOUT SPIN BEATS (C BY C) BARRE	GRIT STRENGTH RPM YOGA YIN			
7:00pm					YOGA MEDITATION		
8:00pm	YOGA HOT VINYASA		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 Penny, penny@southpacifichc.com.au.

South Pacific Health Clubs St Kilda
10-18 Jacka Boulevard, St Kilda
P: 9525 4888