

	MONDAY 24/12/18 XMAS EVE 5AM-5PM	TUESDAY 25/12/18 XMAS DAY CLOSED	WEDNESDAY 26/12/18 BOXING DAY 8AM-5PM	THURSDAY 27/12/18 5AM-9PM	FRIDAY 28/12/18 7AM-9PM	SATURDAY 29/12/18 7AM-8PM	SUNDAY 30/12/18 7AM-8PM
6:15am	SPIN BEATS (C BY C)			YOGA VINYASA	SPIN BEATS (C BY C)		
6:30am				WARRIOR WORKOUT	SPARTAN STRENGTH		
7:15am					PILATES REF (BEG)		
8:30am						BODYPUMP SPIN STRONG	SPIN STRONG
9:30am	PILATES REF (OPEN) RPM		BODYPUMP RPM FOUNDATION SPARTAN STRENGTH	BODYPUMP SPIN BEATS	YOGA HOT VINYASA RPM POWERCORE	BODYATTACK RPM FOUNDATION YOGA VINYASA PILATES REF (INT) WARRIOR WORKOUT	BODYPUMP PILATES REF (BEG)
10:30am	BODYBALANCE		YOGA RPM	YOGA HOT VINYASA		YOGA HOT VINYASA WARRIOR WORKOUT	YOGA HATHA 90 WARRIOR WORKOUT
11:30am					FELDENKRAIS		
12:30pm	YOGA ACTIVE ADULTS		ACTIVE ADULTS	FELDENKRAIS	YOGA HATHA RESTORE		
2:00pm						YOGA DYNAMIC FLOW	
5:30pm				YOGA HOT VINYASA			
5:45pm				SPIN STRONG			
6:00pm				PILATES REF (BEG) WARRIOR WORKOUT	YOGA HATHA RESTORE		

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.

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