

	MONDAY 31/12/18 NY EVE 5AM-5PM	TUESDAY 1/1/19 NY DAY 12PM-5PM	WEDNESDAY 2/1/19	THURSDAY 3/1/19	FRIDAY 4/1/19	SATURDAY 5/1/19	SUNDAY 6/1/19
6:15am	SPIN BEATS (C BY C)		SPIN STRONG	YOGA VINYASA	SPIN BEATS (C BY C)		
6:30am			WARRIOR WORKOUT	WARRIOR WORKOUT	SPARTAN STRENGTH		
7:15am					PILATES REF (BEG)		
8:30am				PILATES REF (BEG)		BODYPUMP SPIN STRONG	SPIN STRONG
9:30am	PILATES REF (OPEN) RPM		RPM FOUNDATION PILATES REF (INT) 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	BODYPUMP YOGA			YOGA HOT VINYASA		YOGA HOT VINYASA WARRIOR WORKOUT	YOGA HATHA 90 WARRIOR WORKOUT
12:30pm	ACTIVE ADULTS	BODYPUMP MAT PILATES	YOGA VINYASA ACTIVE ADULTS		YOGA HATHA RESTORE		
1:30pm		RMP YOGA					
2:00pm						YOGA DYNAMIC FLOW	
5:30pm			BODYPUMP YOGA HATHA PILATES REF (ADV)	YOGA HOT VINYASA			
5:45pm				SPIN STRONG			
6:00pm			OMNIA POWER CIRCUIT	PILATES REF (BEG) WARRIOR WORKOUT	YOGA HATHA RESTORE		
6:15pm							YOGA YIN
6:30pm			WARRIOR WORKOUT SPIN STRONG BARRE	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