

	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
6:15am	SPIN BEATS PILATES REF (INT) WARRIOR WORKOUT	RPM HOT YOGA VINYASA	SPIN STRONG PILATES REF (INT) BODYPUMP 45	YOGA VINYASA	SPIN BEATS		
6:30am		SPARTAN STRENGTH	WARRIOR WORKOUT	WARRIOR WORKOUT	SPARTAN STRENGTH		
7:15am		PILATES REF (INT)			PILATES REF (BEG)		
8:30am				PILATES REF (BEG)		BODYPUMP SPIN STRONG	SPIN STRONG
9:30am	PILATES REF (INT) RPM	BODYPUMP MAT PILATES WARRIOR WORKOUT	RPM FOUNDATION PILATES REF (INT) SPARTAN STRENGTH	BODYPUMP SPIN BEATS	HOT YOGA VINYASA RPM POWERCORE	BODYATTACK RPM YOGA VINYASA PILATES REF (BEG) WARRIOR WORKOUT	BODYPUMP PILATES REF (BEG)
10:30am		BARRE		HOT YOGA VINYASA BOXING	PILATES REF (INT)	HOT YOGA VINYASA	YOGA HATHA 90 WARRIOR WORKOUT
11:30am					FELDENKRAIS		
12:30pm	YOGA ASHTANGA ACTIVE ADULTS	YOGA YIN PILATES REF (BEG)	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 PILATES REF (INT)	BODYATTACK 45 SPIN STRONG YOGA YIN PILATES REF (BEG)	BODYPUMP YOGA HATHA PILATES REF (ADV)	HOT YOGA VINYASA			
5:45pm	WARRIOR WORKOUT	POWERCORE		SPIN STRONG			
6:00pm			OMNIA POWER CIRCUIT	PILATES REF (BEG) WARRIOR WORKOUT	YOGA HATHA RESTORE		
6:15pm							YOGA YIN
6:30pm	SPIN BEATS YOGA YIN PILATES REF (BEG)	BODYPUMP YOGA ASHTANGA PILATES REF (INT) BOXING	WARRIOR WORKOUT SPIN STRONG BARRE	YOGA YIN			
7:00pm					MEDITATION		
8:00pm	HOT YOGA 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](http://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](mailto:penny@southpacifichc.com.au).

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