

	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	BODYPUMP	RPM		BODYPUMP 45 RPM		
8:15am						BODYPUMP	
9:00am							RPM YOGA STRENGTH
9:15am	BODYPUMP PILATES REF (BEG) POWER CIRCUIT	BODYCOMBAT TABATA CARDIO	BODYPUMP 30 RPM	RPM PILATES REF (INT)	BODYPUMP 45 TABATA STRENGTH YOGA STRENGTH	LM TONE RPM YOGA HATHA	
9:45am			FREESTYLE STEP 30				
10:00am							BOXING
10:15am	PILATES REF (INT)	BODYBALANCE	YOGA YIN	PILATES REF (ADV)			
11:30am	YOGA HATHA			YOGA HATHA			
5:45pm	RPM						
6:00pm		PILATES REF (INT) RPM		RPM	YOGA FLOW		
7:00pm		CXWORX PILATES REF (ADV)	BODYPUMP PILATES REF (BEG)	MAT PILATES			
7:30pm		POWER CIRCUIT BODYCOMBAT 45		POWER CIRCUIT			
8:00pm	YOGA HATHA						

**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 Narelle, [narelle@southpacifichc.com.au](mailto:narelle@southpacifichc.com.au).

South Pacific Health Clubs Williamstown  
Corner North Road & The Strand, Newport  
P: 9399 1100