

	MONDAY 24/12/18 6AM - 5PM	TUESDAY 25/12/18 CLOSED	WEDNESDAY 26/12/18 8AM - 5PM	THURSDAY 27/12/18	FRIDAY 28/12/18	SATURDAY 29/12/18	SUNDAY 30/12/18	
6:15am		CHRISTMAS DAY			RPM			
8:15am						BODYPUMP	BODY COMBAT	
9:00am							RPM YOGA STRENGTH	
9:15am	BODYPUMP			BODYPUMP 30	RPM	BODYPUMP 45	LM TONE	
	POWER CIRCUIT			RPM	PILATES REF (INT)	TABATA STRENGTH	RPM	
9:45am						YOGA STRENGTH	YOGA HATHA	
				FREESTYLE STEP 30				
10:00am							BOXING	
10:15am				YOGA YIN	PILATES REF (ADV)			
11:30am	YOGA HATHA				YOGA HATHA			
6:00pm					RPM	YOGA FLOW		
7:00pm					MAT PILATES			
7:30pm					POWER CIRCUIT			

**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).

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