

	MONDAY 31/12/18 6AM - 5PM	TUESDAY 1/1/19 CLOSED	WEDNESDAY 2/1/19	THURSDAY 3/1/19	FRIDAY 4/1/19	SATURDAY 5/1/19	SUNDAY 6/1/19	
6:15am		NEW YEAR'S DAY	RPM		RPM			
8:15am						BODYPUMP	BODY COMBAT	
9:00am							RPM YOGA STRENGTH	
9:15am	BODYPUMP POWER CIRCUIT			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				YOGA YIN	PILATES REF (ADV)			
11:30am	YOGA STRENGTH				YOGA HATHA			
6:00pm				PILATES REF (INT)	RPM	YOGA FLOW		
7:00pm				BODYPUMP PILATES REF (BEG)	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

- 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.

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