

	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	BODYPUMP	RPM		RPM		
8:15am						BODYPUMP	BODYCOMBAT
9:00am							RPM
							YOGA STRENGTH
9:15am	BODYPUMP	BODYCOMBAT	BODYPUMP 30	RPM	BODYPUMP 45	LM TONE	
	PILATES REF (BEG)	TABATA CARDIO	RPM	PILATES REF (INT)	TABATA STRENGTH	RPM	
	POWER CIRCUIT				YOGA STRENGTH	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)	PILATES REF (INT)	RPM	YOGA FLOW		
		RPM					
7:00pm	ZUMBA	CXWORX	BODYPUMP	MAT PILATES			
		PILATES REF (ADV)	PILATES REF (BEG)				
7:30pm		POWER CIRCUIT		POWER CIRCUIT			
		BODYCOMBAT 45					
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

- 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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