

	MONDAY 14/1/19	TUESDAY 15/1/19	WEDNESDAY 16/1/19	THURSDAY 17/1/19	FRIDAY 18/1/19	SATURDAY 19/1/19	SUNDAY 20/1/19
6:15am	BODYCOMBAT 45 SPIN	BODYPUMP 45	BODYBALANCE RPM	CARDIO COMBO 45	BODYPUMP 45 RPM		
8:15am						BOXING BODYPUMP	BODYCOMBAT 45
9:00am							RPM SH'BAM YOGA STRENGTH
9:15am	BODYPUMP PILATES REF (BEG) POWER CIRCUIT	BODYCOMBAT TABATA CARDIO	BODYPUMP 30 RPM	RPM PILATES CARDIO REF BODYBALANCE	BODYPUMP 45 TABATA STRENGTH YOGA STRENGTH	LM TONE RPM YOGA HATHA	
9:45am			FREESTYLE STEP 30				
10:00am						CXWORX	BOXING
10:15am	PILATES REF (ALL)	BODYBALANCE PRE/POST NATAL	YOGA YIN	PILATES REF (ALL)			
10:30am							PILATES CARDIO REF
11:30am	YOGA HATHA			MAT PILATES			PILATES REF (BEG)
1:30pm	COTA		COTA	COTA BASICS			
4:30pm							YIN YOGA
5:45pm	RPM						
6:00pm	FREESTYLE STEP	BODYPUMP PILATES CARDIO REF RPM	BODYATTACK 45 PILATES STRENGTH REF	ZUMBA PILATES REF (ALL) RPM	YOGA FLOW		
7:00pm	ZUMBA MAT PILATES	CXWORX PILATES REF (ALL)	BODYPUMP PILATES REF (BEG) BOXING	MAT PILATES			
7:30pm		POWER CIRCUIT BODYCOMBAT 45		POWER CIRCUIT			
8:00pm	YOGA HATHA		BODYBALANCE				

**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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