

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	VIRTUAL CYCLE	VIRTUAL CYCLE PILATES REF (INT)	RPM	VIRTUAL CYCLE PILATES REF (INT)	RPM		
6:15am			BOXING 45		BOOTCAMP 45		
7:00am	VIRTUAL CYCLE PILATES REF (INT)	VIRTUAL CYCLE BODYPUMP 45	VIRTUAL CYCLE ● PILATES REF (INT)	VIRTUAL CYCLE BODYPUMP 45	VIRTUAL CYCLE		
8:00am						RPM PILATES REF (INT)	
9:00am						BODYPUMP	BODYPUMP 45 PILATES REF (INT)
9:30am	CXWORX PILATES REF (INT) VIRTUAL CYCLE	SH'BAM PILATES REF (INT)	BASE BUILDER YOGA VINYASA	SH'BAM PILATES REF (INT) VIRTUAL CYCLE	BODYPUMP 45 YOGA VINYASA	PILATES REF (BEG)	RPM HI PERFORM
9:45am							BODYCOMBAT 45
10:00am	BODYCOMBAT						YOGA VINYASA
10:15am						CXWORX	
10:30am		BODYBALANCE	VIRTUAL CYCLE PILATES REF (BEG)	BODYBALANCE	VIRTUAL CYCLE PILATES REF (INT)		BODYJAM
10:45am						BODYCOMBAT 45 PILATES REF (INT)	
11:30am						SH'BAM YOGA VINYASA	BODYBALANCE 45
12:30pm	VIRTUAL CYCLE PILATES REF (INT)	VIRTUAL CYCLE CXWORX	VIRTUAL CYCLE ● BOXING 45	VIRTUAL CYCLE BODYPUMP 45 PILATES REF (INT)	VIRTUAL CYCLE		
5:30pm	PILATES REF (INT) BODYPUMP 45	VIRTUAL CYCLE EXP 30 BODYCOMBAT 45	PILATES REF (INT)		VIRTUAL CYCLE		
5:45pm			GRIT STRENGTH				
6:00pm	VIRTUAL CYCLE	PILATES REF (ADV)	VIRTUAL CYCLE	BODYJAM 45 VIRTUAL CYCLE YOGA VINYASA PILATES REF (BEG)	SH'BAM FF		
6:15pm	WARRIOR	BODYPUMP 45 BODY BLAST YOGA VINYASA	CXWORX YOGA YIN		YOGA YIN		
6:30pm	BODYCOMBAT 45 VIRTUAL CYCLE YOGA VINYASA PILATES REF (INT)	RPM	PILATES REF (INT) SPIN		VIRTUAL CYCLE		
7:00pm		CXWORX	BODYCOMBAT VIRTUAL CYCLE AGILITY	BODYPUMP 45 VIRTUAL CYCLE PILATES REF (INT)			
7:15pm	SH'BAM			● BODYBALANCE			
7:30pm	YOGA YIN	BODYJAM VIRTUAL CYCLE BODYBALANCE	YOGA VINYASA				

**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 Penny, [penny@southpacifichc.com.au](mailto:penny@southpacifichc.com.au).