

SUMMER GROUP FITNESS TIMETABLE

SOUTH PACIFIC HEALTH CLUBS MENTONE

COMMENCING MONDAY 14TH JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP 45 VIRTUAL CYCLE	BODYATTACK 45 PILATES REF	RPM 45	SPIN EXP PILATES REF	BODYPUMP 45 VIRTUAL CYCLE		
6:15am		VIRTUAL CYCLE	BOOTCAMP				
8:15am						PILATES REF	PILATES REF
8:30am	VIRTUAL CYCLE PILATES REF	PILATES REF	VIRTUAL CYCLE	ACTIVE ADULTS	VIRTUAL CYCLE	BODYPUMP BOOTCAMP	SPIN
9:00am		VIRTUAL CYCLE	BODYBALANCE	VIRTUAL CYCLE BODYPUMP	BODYBALANCE		
9:30am	BARRE ACTIVE ADULTS PILATES REF	PILATES REF BOXING BODYPUMP	PILATES REF WORKOUT WARRIOR	PILATES REF YOGA - HOT	BOXING ZUMBA	PILATES REF CXWORX YOGA YIN VIRTUAL CYCLE	PILATES REF BODYATTACK YOGA - VINYASA
10:00am			ZUMBA			ZUMBA	
10:30am	VIRTUAL CYCLE	YOGA - YIN	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF VIRTUAL	PILATES REF	MEDITATION 30
11:00am						VIRTUAL CYCLE	VIRTUAL CYCLE
12:00pm	VIRTUAL CYCLE		VIRTUAL CYCLE		VIRTUAL CYCLE		
1:00pm		VIRTUAL CYCLE		VIRTUAL CYCLE			
4:15pm							YOGA - HOT
4:30pm						VIRTUAL CYCLE	VIRTUAL CYCLE
5:45pm	BODYPUMP	PILATES REF BOXING	VIRTUAL CYCLE PUMP EXP	BODYATTACK 45 PILATES REF			
6:00pm	SPARTAN STRENGTH	SPIN EXP					
6:15pm	YOGA - HOT PILATES REF	YOGA - YIN	CXWORX TRX PILATES REF YOGA - HOT				
6:30pm		WORKOUT WARRIOR BODYATTACK		BODYPUMP BOOTCAMP	VIRTUAL CYCLE		
7:00pm	BOXING VIRTUAL CYCLE	PILATES REF	BARRE	PILATES REF VIRTUAL CYCLE			
7:15pm	MEDITATION 30						
7:30pm	PILATES REF	VIRTUAL CYCLE	PILATES REF				

PLEASE NOTE: Please arrive 5 minutes before class begins. For safety, no entry after warm up.

*Subject to change on availability. For the most up to date class times and instructors, please visit www.southpacifichc.com.au.

South Pacific Health Clubs Mentone
 86-88 Balcombe Road, Mentone