

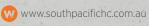
SUMMER GROUP FITNESS TIMETABLE SOUTH PACIFIC HEALTH CLUBS MENTONE COMMENCING MONDAY 14TH JANUARY 2019

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



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