### Group Fitness Timetable

**South Pacific Health Clubs City**  
**CBW Building, 550 Bourke St, Melbourne**  
P: 9604 0900

**www.southpacifichc.com.au**  
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<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>7:00am</td>
<td>BODY PUMP 45</td>
<td>ADVANCED BOXING 45</td>
<td>THE GAUNTLET 45</td>
<td>GRIT STRENGTH 30</td>
<td>RPM 45</td>
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<td>REFORMER PILATES 45</td>
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<td>MYRIDE + VIRTUAL 30</td>
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<td>MYRIDE + VIRTUAL 30</td>
<td>Cycle Studio</td>
<td>BARRIE 45</td>
<td>HOT POWER YOGA 45</td>
<td>MAT PILATES 45</td>
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<td>Cycle Studio</td>
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<td>8:00am</td>
<td>WARRIOR WORKOUT 30</td>
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**PLEASE NOTE:** Classes will start on time as scheduled. Please allow plenty of time prior to class start time to secure and set up equipment. For safety, no entry after warmup.

For the most up to date class times and instructors, please visit [www.southpacifichc.com.au](http://www.southpacifichc.com.au)

Not all exercise programs are suitable for everyone. If you are new to exercise or pregnant, have any injuries or musculoskeletal issues please consult your physician before participating in any exercise program. The member assumes all risk of injury in attending, and the use of the equipment for the above group fitness classes. South Pacific Health Clubs and its Group Fitness Instructors are not responsible for any personal injury, property loss or death which may occur in South Pacific Health Clubs’ Group Fitness classes.
BARRE
Combining Pilates principles and ballet techniques, this low-impact workout targets major muscle groups to elongate, strengthen and tone your muscles, resulting in a sculpted physique and improved posture. No dance background needed.

BODYATTACK
A sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODYBALANCE
Breathing control and a range of movements and motion set to music that will improve your mind, body and life. Bending and stretching through safe and simple yoga moves, a BODYBALANCE class blends elements of Yoga, Tai Chi and Pilates to strengthen your entire body.

BODYBUILD
A weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYBUILD gives you a total body workout that burns lots of calories. It’ll also tone and shape your body, without adding bulky muscles.

BOXING
Offers a whole body cardiovascular workout; burning calories, stamina and toning muscle. Using focus mitts and boxing gloves, you will be challenged physically while learning correct technique and accuracy. Advanced Level on Tuesdays 7am. We recommend attending Open Level Boxing for 2-3 months before attempting Advanced Boxing. BOXING gloves encouraged.

CORE + STRETCH
A 30 or 45 Minute workout designed to target more than just your abs. This session utilises muscles from the back, glutes, abs and obliques to improve core strength, definition and posture. 45 minute format includes a 15 minute stretch component to release fascia.

CIRCUIT
A cross-training workout where aerobic, weight-lifting, and resistance exercises are performed at work stations, creating a fun and challenging workout.

GRIT CARDIO
A 30 minute High Intensity Interval Training (HIIT) workout that features explosive movements using body weight designed to burn fat and rapidly improve athletic capability.

GRIT STRENGTH
A 30 minute High Intensity Interval Training (HIIT) workout that takes you into overdrive. The short, sharp demanding exercises combine weightlifting and bodyweight exercises for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

MYRIDE+ VIRTUAL
A highly immersive cycling experience. Join your virtual instructor as you cyclc some of the very best mountain ranges & city streets.

YOGA HATHA
A gentle yoga with more focus on meditation, breathing and holding poses for longer periods of time - a great introduction to yoga.

YOGA POWER FLOW
This dynamic Vinyasa-style class synchronises movement and breath in a continuous flow of poses. A challenging way to improve your yoga practice helping to achieve balance and strength.

YOGA SLOW FLOW
A gentle yoga with more focus on meditation, breathing and holding poses for longer periods of time - a great introduction to yoga.

YOGA TEMPERATURES:
- YOGA SLOW FLOW Cool
- YOGA FLOW Warm
- YOGA HATHA Warm
- YOGA POWER FLOW Warm
- YOGA SLOW FLOW Cool

MAT:
- YOGA HATHA: Mats are provided in the Main and Wellness Studios however members are encouraged to bring their own mats.
- YOGA FLOW, SLOW FLOW: Props
- BARRE: Props
- BODYBALANCE: Props
- BOXING: Gloves

NEW PARTICIPANTS, INJURIES, PREGNANCY?
If you are a new participant, have injuries, pregnant or other special concerns, please arrive 5 minutes early and advise your Instructor before class commences. They can make variations for your specific needs.