



YOGA STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|------------------|----------------------|-------------|------------------------|---------------------|--------------|-------------|
| 6:00am | | ASHTANGA YOGA | | RISE AND SHINE VINYASA | | | |
| 8:30am | | | | | | | AERIAL YOGA |
| 9:30am | | HOT YOGA | AERIAL YOGA | | | VINYASA YOGA | |
| 10:30am | RESTORATIVE YOGA | MEDITATION (30 MINS) | | | VINYASA YOGA (WARM) | | |
| 12:30pm | | | | YOGA STRONG | | | |
| 4:00pm | | | | | | | YIN YOGA |
| 5:30pm | | | HATHA YOGA | | | | |
| 5:45pm | HOT YOGA | | | | | | |
| 6:00pm | | VINYASA YOGA (WARM) | | AERIAL YOGA | | | |
| 6:30pm | | | HOT YOGA | | | | |
| 6:45pm | YIN YOGA (WARM) | | | | | | |
| 7:00pm | | RESTORATIVE YOGA | | | | | |
| 7:15pm | | | | YIN YOGA | | | |

PILATES STUDIO

| | | | | | | | |
|---------|------------------|-------------------------|---------------------------------|------------------|------------------|------------------|------------------|
| 5:45am | REFORMER PILATES | | REFORMER PILATES | | REFORMER PILATES | | |
| 6:00am | | REFORMER PILATES | | REFORMER PILATES | | | |
| 7:00am | | REFORMER PILATES | | REFORMER PILATES | | | |
| 8:30am | | | | | | REFORMER PILATES | |
| 9:30am | REFORMER PILATES | | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES |
| 12:30pm | REFORMER PILATES | | REFORMER PILATES (HIIT 30 MINS) | | REFORMER PILATES | | |
| 5:30pm | | REFORMER PILATES | | | | | |
| 5:45pm | REFORMER PILATES | | REFORMER PILATES | | | | |
| 6:15pm | | REFORMER PILATES (HIIT) | | | | | |
| 6:30pm | | | | REFORMER PILATES | REFORMER PILATES | | |
| 6:45pm | REFORMER PILATES | | REFORMER PILATES | | | | |

CRUZ STUDIO

| | | | | | | | |
|---------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 5:45am | RPM | THE TRIP | VIRTUAL THE TRIP | | RPM | | |
| 6:00am | | | | THE TRIP | | | |
| 7:30am | VIRTUAL THE TRIP | | | | | | RPM |
| 8:30am | | | | | | THE TRIP | |
| 9:30am | | VIRTUAL THE TRIP | SPIN | VIRTUAL THE TRIP | VIRTUAL THE TRIP | | |
| 10:30am | THE TRIP | | | | | | |
| 12:30pm | VIRTUAL THE TRIP | SPIN EXPRESS | | | | VIRTUAL THE TRIP | VIRTUAL THE TRIP |
| 4:30pm | VIRTUAL THE TRIP | VIRTUAL THE TRIP | | VIRTUAL THE TRIP | | | |
| 5:30pm | | | VIRTUAL THE TRIP | | | | |
| 6:15pm | THE TRIP | RPM | | | VIRTUAL THE TRIP | | |
| 6:30pm | | | VIRTUAL THE TRIP | RPM | | | |

BURN STUDIO

| | | | | | | | |
|---------|------------|---------------|------------|--------------|---------------|------------|--------------|
| 5:30am | BURN POWER | | BURN SPEED | | | | |
| 5:45am | | BURN STRENGTH | | BURN STAMINA | | | |
| 6:30am | BURN POWER | BURN STRENGTH | BURN SPEED | BURN STAMINA | BURN STRENGTH | | |
| 7:30am | BURN POWER | | BURN SPEED | | BURN STRENGTH | BURN SPEED | |
| 8:30am | | | | | | BURN SPEED | BURN STAMINA |
| 9:30am | BURN POWER | BURN STRENGTH | BURN SPEED | BURN STAMINA | BURN STRENGTH | BURN SPEED | |
| 12:30pm | BURN POWER | BURN STRENGTH | BURN SPEED | BURN STAMINA | | | |
| 5:45pm | BURN POWER | BURN STRENGTH | BURN SPEED | BURN STAMINA | BURN STRENGTH | | |
| 6:45pm | BURN POWER | BURN STRENGTH | BURN SPEED | BURN STAMINA | | | |

MAIN STUDIO

| | | | | | | | |
|---------|------------|---------------|---------------|------------------|----------|-------------|---------------|
| 5:45am | | | | BODYPUMP | | | |
| 6:00am | BODYCOMBAT | BODYPUMP | BOXING | | | | |
| 8:30am | | | | | | | BODYCOMBAT |
| 9:30am | BODYPUMP | ZUMBA | ACTIVE ADULTS | BODYCOMBAT | BODYPUMP | BODYPUMP | BARRE PILATES |
| 10:30am | | BARRE PILATES | BODYBALANCE | MAT PILATES | ZUMBA | BODYBALANCE | |
| 12:15pm | BOXING | | | BODYPUMP EXPRESS | | | |
| 5:30pm | BODYPUMP | | BILA DANCE | | | | |
| 5:45pm | | BODYCOMBAT | | BARRE PILATES | | | |
| 6:30pm | ZUMBA | | BODYPUMP | | | | |
| 6:45pm | | BODYBALANCE | | BOXING | | | |

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