

MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	ALTIMUDE BURN88		ALTIMUDE BURN88	ALTIMUDE BURN88	ALTIMUDE SOUTHPAW88		
6:15am	SPIN PILATES (I > A)	SPIN HOT YOGA VINYASA HIIT	PILATES (I > A) BODYPUMP 45	HIIT	SPIN		
6:30am	OMNIA POWER CIRCUIT						
7:15am					PILATES (B > I)		
8:30am	PILATES (B > I)					ALTIMUDE BURN88	SPIN
	BODYPUMP						
9:30am	ALTIMUDE BURN88	ALTIMUDE CRUZ88	ALTIMUDE BURN88	ALTIMUDE BURN88	ALTIMUDE SOUTHPAW88	BODYATTACK	ALTIMUDE SOUTHPAW88
	PILATES (I > A) SPIN	BODYPUMP MAT PILATES	SPIN PILATES (I > A) YIN YOGA	BODYPUMP	HOT YOGA VINYASA SPIN	SPIN YOGA VINYASA PILATES (I > A) WARRIOR WORKOUT	BODYPUMP PILATES (I > A)
10:30am				HOT YOGA VINYASA	PILATES (I > A)	HOT YOGA VINYASA	YOGA HATHA 90 WARRIOR WORKOUT
11:30am					FELDENKRAIS AQUA		ALTIMUDE CRUZ88
12:30pm	YOGA ASHTANGA ACTIVE ADULTS	YOGA YIN PILATES (B > I)	YOGA VINYASA ACTIVE ADULTS	PILATES (I > A) FELDENKRAIS	YOGA HATHA		
4:00pm						YOGA YIN	VINYASA YOGA
4:15pm	FELDENKRAIS						
5:00pm	ABS 30						
5:30pm	ALTIMUDE BURN88	ALTIMUDE BURN88	ALTIMUDE SOUTHPAW88	HOT YOGA VINYASA	HIIT		
	BODYPUMP PILATES (I > A)	BODYATTACK SPIN YOGA YIN PILATES (B > I)	BODYPUMP PILATES (B > I)	WARRIOR WORKOUT			
6:00pm				OMNIA POWER CIRCUIT	ALTIMUDE BURN88		
					PILATES (I > A)	YOGA HATHA	
6:15pm							YOGA YIN
6:30pm	ALTIMUDE BURN88	ALTIMUDE BURN88	ALTIMUDE SOUTHPAW88	ALTIMUDE CRUZ88			
	SPIN YOGA YIN PILATES (B > I)	BODYPUMP YOGA ASHTANGA PILATES (I > A) BOXING	SPIN ● BARRE				
7:00pm			BURN	MEDITATION			
8:00pm	HOT YOGA VINYASA		YOGA YIN				

**PLEASE NOTE: 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

■ Premium plus program including Altitude 88. Please enquire with our friendly team on how to gain access.

- 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.

*Bookings are required for all premium plus and reformer Pilates classes