

|                       | MONDAY           | TUESDAY          | WEDNESDAY           | THURSDAY                        | FRIDAY              | SATURDAY         | SUNDAY           |
|-----------------------|------------------|------------------|---------------------|---------------------------------|---------------------|------------------|------------------|
| <b>YOGA STUDIO</b>    | 9:30am           | HOT YOGA         |                     |                                 |                     | VINYASA YOGA     |                  |
|                       | 10:15am          |                  |                     |                                 | VINYASA YOGA (WARM) |                  |                  |
|                       | 10:30am          | BARRE            |                     |                                 |                     |                  |                  |
|                       | 12:30pm          |                  | HATHA YOGA          |                                 |                     |                  |                  |
|                       | 3:30pm           |                  |                     |                                 |                     |                  | YIN YOGA         |
|                       | 5:45pm           |                  |                     | BARRE                           |                     |                  |                  |
|                       | 6:30pm           |                  | VINYASA YOGA (WARM) |                                 |                     |                  |                  |
|                       | 6:45pm           | HOT YOGA         |                     |                                 | YIN YOGA            |                  |                  |
| 7:15pm                |                  |                  | HOT YOGA            |                                 |                     |                  |                  |
| 8:00pm                |                  | YIN YOGA         |                     |                                 |                     |                  |                  |
| <b>PILATES STUDIO</b> | 6:00am           | REFORMER PILATES |                     | REFORMER PILATES                | REFORMER PILATES    |                  |                  |
|                       | 6:30am           |                  | REFORMER PILATES    |                                 |                     |                  |                  |
|                       | 7:15am           |                  |                     | REFORMER PILATES                |                     |                  |                  |
|                       | 7:45am           |                  |                     |                                 |                     | REFORMER PILATES |                  |
|                       | 9:30am           | REFORMER PILATES |                     |                                 | REFORMER PILATES    | REFORMER PILATES | REFORMER PILATES |
|                       | 9:45am           |                  | REFORMER PILATES    |                                 |                     | REFORMER PILATES |                  |
|                       | 12:15pm          |                  | REFORMER PILATES    | REFORMER PILATES (HIIT 30 MINS) |                     |                  |                  |
|                       | 5:30pm           |                  |                     | REFORMER PILATES                |                     |                  |                  |
|                       | 6:15pm           | REFORMER PILATES | REFORMER PILATES    |                                 | REFORMER PILATES    |                  |                  |
|                       | 6:45pm           |                  |                     | REFORMER PILATES                |                     |                  |                  |
| 7:30pm                | REFORMER PILATES | REFORMER PILATES |                     |                                 |                     |                  |                  |
| <b>CRUZ STUDIO</b>    | 5:30am           | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    |                  |                  |
|                       | 6:00am           | RPM              |                     |                                 |                     |                  |                  |
|                       | 6:15am           |                  |                     |                                 |                     | RPM              |                  |
|                       | 7:00am           |                  |                     |                                 |                     |                  | RPM              |
|                       | 7:30am           | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    | VIRTUAL THE TRIP | THE TRIP         |
|                       | 8:30am           | THE TRIP         | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    | VIRTUAL THE TRIP |                  |
|                       | 9:30am           |                  |                     | THE TRIP                        |                     |                  | VIRTUAL THE TRIP |
|                       | 10:30am          |                  |                     |                                 | VIRTUAL THE TRIP    |                  | VIRTUAL THE TRIP |
|                       | 11:30am          | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    |                  |                  |
|                       | 12:30pm          |                  |                     |                                 |                     |                  | VIRTUAL THE TRIP |
|                       | 1:30pm           | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    | VIRTUAL THE TRIP | VIRTUAL THE TRIP |
|                       | 3:30pm           | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    |                  | VIRTUAL THE TRIP |
|                       | 4:30pm           | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                | VIRTUAL THE TRIP    | VIRTUAL THE TRIP |                  |
| 6:15pm                | THE TRIP         |                  |                     |                                 |                     |                  |                  |
| 7:45pm                | VIRTUAL THE TRIP | VIRTUAL THE TRIP | VIRTUAL THE TRIP    | VIRTUAL THE TRIP                |                     |                  |                  |
| <b>BURN STUDIO</b>    | 5:15am           | BURN             | BURN                | BURN                            | BURN                | BURN             |                  |
|                       | 6:15am           | BURN             | BURN                | BURN                            | BURN                | BURN             |                  |
|                       | 7:15am           |                  |                     |                                 |                     |                  | BURN             |
|                       | 7:30am           |                  |                     |                                 |                     |                  | BURN             |
|                       | 8:30am           |                  |                     |                                 |                     |                  | BURN             |
|                       | 9:15am           | BURN             | BURN                | BURN                            | BURN                | BURN             | BURN             |
|                       | 12:30pm          | BURN             |                     | BURN                            | BURN                | BURN             |                  |
|                       | 5:15pm           |                  |                     |                                 |                     | BURN             |                  |
|                       | 5:30pm           | BURN             | BURN                | BURN                            | BURN                |                  |                  |
|                       | 7:00pm           | BURN             | BURN                | BURN                            |                     |                  |                  |
| <b>MAIN STUDIO</b>    | 6:00am           |                  |                     | BODYCOMBAT                      |                     |                  |                  |
|                       | 6:15am           |                  | BODYPUMP 45         |                                 | BODYPUMP 45         |                  |                  |
|                       | 8:30am           |                  |                     |                                 |                     |                  | BODYCOMBAT       |
|                       | 9:30am           | BODYPUMP         | BODYCOMBAT          |                                 | BODYPUMP            | BODYPUMP         |                  |
|                       | 10:30am          |                  |                     | BODYBALANCE                     |                     | BIALA DANCE      |                  |
|                       | 5:30pm           | BODYPUMP         |                     |                                 | BODYCOMBAT          |                  |                  |
|                       | 5:45pm           |                  | BODYBALANCE         |                                 |                     |                  |                  |
|                       | 6:30pm           | ZUMBA            |                     | BODYPUMP                        |                     |                  |                  |

**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](http://www.southpacifichc.com.au)