

# PORT MELBOURNE PLATINUM CLASS SCHEDULE

[CLICK HERE TO REGISTER FOR PLATINUM MEMBERSHIP](#)

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00AM	BODYPUMP	RPM BURN	RPM	BODYPUMP BURN	SPIN		
7:00AM	BURN ★ REFORMER STRENGTH	RPM	★ REFORMER HIIT HIIT		BURN MAT PILATES		
8:00AM		★ REFORMER BEGINNER	REFORMER STRENGTH	★ REFORMER STRENGTH	★ REFORMER STRENGTH	RPM REFORMER STRENGTH	RPM
9:00AM			MAT PILATES			RPM HIIT	BODYPUMP HIIT
9:15AM	SPIN	BODYPUMP			RPM		
10:00AM			REFORMER CARDIO			★ REFORMER BEGINNER	
10:15AM	REFORMER CARDIO						
10:30AM		REFORMER HIIT		REFORMER CARDIO			REFORMER HIIT
11:00AM						BODYBALANCE	
11:30AM							YOGA
12:00PM					REFORMER CARDIO		
5:00PM		REFORMER STRENGTH	BODYPUMP	SPIN	REFORMER HIIT		
5:30PM	BODYCOMBAT			BODYCOMBAT			
6:00PM	BURN	RPM BODYPUMP	REFORMER HIIT BURN	HIIT			
6:15PM	BODYPUMP			BODYBALANCE			
7:00PM	BURN	YOGA	★ REFORMER BEGINNER HIIT	BURN			
7:15PM	BODYBALANCE			REFORMER HIIT			
8:00PM		★ REFORMER CARDIO					

 HOME CLASSES

 PLATINUM CLASSES

 PILATES PLATINUM



SOUTH PACIFIC  
HEALTH CLUBS