

# GROUP CLASS TIMETABLE



**Complimentary for Members**

*Book online with your membership number, email and password*

**Casual members welcome - \$10 for class only**

*Bookings essential by phone or SMS 0401 809 207*

*Full name and contact phone essential*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<b>EARLY MORNING</b>							
5:45			<b>MUAY THAI BOXING</b> Lee				
-							
6:30							
<b>LUNCH</b>							
12:15	<b>PILATES</b> Lucia		<b>VINYASA YOGA</b> Patricia	<b>BOXING FOR FITNESS</b> Andy	<b>HIIT</b> Ying		
-							
13:00							
<b>EVENING</b>							
17:30	<b>VINYASA YOGA</b> Patricia		<b>WEIGHT TRAINING</b> Sam				
18:15							
18:30	<b>MUAY THAI BOXING</b> Lee	<b>PILATES</b> Lucia	<b>YIN YOGA</b> Patricia	<b>PILATES</b> Lucia			
19:15							

VINYASA YOGA

YIN YOGA

HIIT

WEIGHTS

PILATES

Limited to 6 attendees - bookings essential

BOXING

MUAY THAI

Limited to 8 attendees - bookings essential

ALL EQUIPMENT FOR CLASSES SUPPLIED OR BYO