

GROUP EX CLASS TIMETABLE

CASUAL CLASS PASS \$12.00

MONDAY
8AM-8PM

TUESDAY
8AM-8PM

WEDNESDAY
8AM-8PM

THURSDAY
8AM-7.15PM

FRIDAY
8AM-7.00PM

SATURDAY
8AM-NOON

SUNDAY
24 HR ACCESS

**Current
from
12/08/2019**

9.30am
Step

10.05
BodyBalance

6.05am
Cycle45

9.30am
BodyPump 60

5.25pm
Cycle /Sprint

5.40 OTM45

6.00 CXworx

6.30 YOGA
General

6.05am
Body Pump

9.30am
W.O.D 45

10.20am
Wellness
Yoga

5.30pm
Pump EXP 30

6.05pm
Attack45

6.30am
OTM45

9.30am
Combat

5.25pm
SPRINT Cycle

6.05pm
BodyPump60

6.05am
Yoga

**9.25am
CXworx**

10.00am
BodyPump45

**5.45pm
BodyBalance**

8.30am
Cycle/Sprint

9.05am
Body Pump

10.05am
Body Balance



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