

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am	Cycle 45min	Yoga 60min	Cardio 45min		Functional 45min
9:00am	Aqua 45min		Aqua 45min		
9:30am	Step/Pump/Pilates 60min	Strength Cardio 60min	HIIT 60min	Step/Pump/Pilates 60min	Functional Circuit 60min Aqua 60min
10:00am	Aqua 45min		Aqua 45min		
10:30am				Fusion Yoga/Pilates 60min	
11:00am	Healthy Heart Movers 45min				Healthy Heart Movers 45min
4:45pm			Cardio Kids 45min		
5:30pm		Athletic Core Pilates 30min	Athletic Core Pilates 30min		
6:00pm	Circuit X-Training 60min	Step/Pump/Core 60min	Pump/ Total Body Conditioning 60min Box Circuit 45min	Spin 60min	



Sporties
Health and Fitness

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