

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 | Athletics Core 30min | | |
| 6:00pm | Circuit X-Training 60min | Cardio/Pump 60min | Box Circuit 45min | Spin 60min | |



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Health and Fitness

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