

HEALTHWORKS ASPLEY GROUP EXERCISE TIMETABLE



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00am	BODYPUMP DURATION: 60 MIN	CXWORX DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	RPM DURATION: 45 MIN		
5.00am	CXWORX DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	RPM DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN	CXWORX DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	
5.45am	BODY PUMP DURATION: 60 MIN	BOXING DURATION: 60 MIN	RXD DURATION: 60 MIN	BOXING DURATION: 60 MIN	RPM DURATION: 45 MIN		BODYBALANCE DURATION: 60 MIN
6.00am	SPIN DURATION: 45 MIN					BODYBALANCE DURATION: 60 MIN	
7.00am	BODYBALANCE DURATION: 30 MIN	RPM DURATION: 45 MIN	BODYCOMBAT DURATION: 60 MIN	SH'BAM DURATION: 45 MIN	CXWORX DURATION: 30 MIN		BODYPUMP DURATION: 60 MIN
7.30am	LGC DURATION: 30 MIN	LGC DURATION: 30 MIN			LGC DURATION: 30 MIN	RXD DURATION: 60 MINS	
8.30am	RPM DURATION: 30 MIN	CUBAN GROOVE DURATION: 60 MIN	CXWORX DURATION: 30 MIN	CUBAN GROOVE DURATION: 60 MIN	BODYBALANCE STRENGTH DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	RPM DURATION: 45 MIN
9.30am	BODYPUMP DURATION: 60 MIN		BODY PUMP DURATION: 60 MIN	YOGA DURATION: 60 MIN	SHBAM DURATION: 60 MIN	YOGA DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN
11.15am	SENIORS DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN		SENIORS DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	RPM DURATION: 45 MIN	SH'BAM DURATION: 45 MIN
1.00pm	CXWORX DURATION: 30 MIN	BODYPUMP EXPRESS DURATION: 30 MIN	RPM DURATION: 45 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYBALANCE STRENGTH DURATION: 30 MIN		
3.00pm						BODYCOMBAT DURATION: 60 MIN	CXWORX DURATION: 30 MIN
3.30pm	BODYPUMP DURATION: 55 MIN	BODYCOMBAT DURATION: 60 MIN	BODYBALANCE FLEXIBILITY DURATION: 60 MIN	CXWORX DURATION: 30 MIN	SH'BAM DURATION: 45 MIN		
4.00pm						BODYPUMP DURATION: 60 MIN	BODY PUMP DURATION: 60 MIN
4.30pm	SH'BAM DURATION: 45 MIN	RPM DURATION: 45 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN		
5.00pm						BODYBALANCE STRENGTH DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN
5.30pm	BODY PUMP DURATION: 60 MIN	PILATES DURATION: 60 MIN	BODY BALANCE DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	BODYBALANCE FLEXIBILITY DURATION: 30 MIN		
6.00pm			ZUMBA DURATION: 60 MIN		BODYCOMBAT DURATION: 60 MIN	RPM DURATION: 45 MIN	
6.30pm	YOGA DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	SPIN DURATION: 45 MIN	PILATES (BAND & BALL) DURATION: 60 MIN			
7.45pm	RPM DURATION: 30 MIN	BODYBALANCE DURATION: 30 MIN	BODYCOMBAT DURATION: 30 MIN	SH'ABAM DURATION: 30 MIN		CXWORX DURATION: 30 MIN	
8.30pm	BODYPUMP DURATION: 30 MIN	RPM DURATION: 30 MIN	CXWORX DURATION: 30 MIN	RPM DURATION: 30 MIN		BODYPUMP EXPRESS DURATION: 30 MIN	
9.00pm	BODYBALANCE DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYPUMP EXPRESS DURATION: 30 MIN	CXWORX DURATION: 30 MIN			

HEALTHWORKS ASPLEY

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STAFFED HOURS

MONDAY - THURSDAY

5:30AM - 8:00PM

FRIDAY

5:30AM - 6:00PM

SATURDAY

7:00AM - 1:00PM

SUNDAY

9:00AM - 12NOON

CRECHE HOURS

MONDAY - FRIDAY AM

8:30AM - 11:30AM

SATURDAY AM

8:00AM - 11:00AM

CLASS TYPE KEY

 INSTRUCTOR CLASS

 VIRTUAL CLASS



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