

# HEALTHWORKS DEAGON 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: 45 MIN	BODYBALANCE DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	
6.00am		SPIN DURATION: 45 MIN		SPIN DURATION: 45 MIN			BODYBALANCE DURATION: 60 MIN
6.00am	ABT DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	CIRCUIT BOXING DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	
7.00am	BODYBALANCE DURATION: 60 MIN	RPM DURATION: 45 MIN	<b>7AM OLDER ADULTS</b> DURATION: 60 MIN	SH'BAM DURATION: 45 MIN	<b>7AM OLDER ADULTS</b> DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN
7.30am	<b>8AM</b> RPM DURATION: 30 MIN			SUPERVISED GYM SESSION DURATION: 30 MIN		SPIN DURATION: 45 MINS	
8.00am	<b>8:30AM</b> METAPWR DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	CXWORX DURATION: 30 MIN	BODYPUMP EXPRESS DURATION: 30 MIN	BODYBALANCE STRENGTH DURATION: 30 MIN	<b>8.30AM</b> BODYPUMP DURATION: 60 MIN	RPM DURATION: 45 MIN
9.00am	BODYPUMP DURATION: 60 MIN	CIRCUIT BOXING DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	METAFIT DURATION: 30 MIN	SPIN / ZUMBA DURATION: 30 / 60 MIN		BODYCOMBAT DURATION: 60 MIN
9.30am	RXD DURATION: 60 MIN			BODYBALANCE DURATION: 60 MIN		BODYBALANCE DURATION: 60 MIN	
10.00am	YOGA DURATION: 60 MIN	CUBAN GROOVE DURATION: 60 MIN	PILATES DURATION: 60 MIN		EXPRESS ABT DURATION: 30 MIN	<b>10.45AM</b> SH'BAM DURATION: 45 MIN	SH'BAM DURATION: 45 MIN
11.30am	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN	SH'BAM DURATION: 45 MIN	RPM DURATION: 45 MIN	BODYPUMP DURATION: 60 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: 30 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	METAFIT DURATION: 30 MIN	EXPRESS ABT DURATION: 30 MIN	METAPWR DURATION: 30 MIN		BODYBALANCE FLEXIBILITY DURATION: 30 MIN		
6.00pm	FIT 2 BOX / SPIN DURATION: 60 / 30 MIN	BODYPUMP DURATION: 60 MIN	YOGA DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	RPM DURATION: 45 MIN	
6.30pm			SPIN DURATION: 30 MIN	CIRCUIT BOXING DURATION: 60 MIN			
7.00pm	BODYATTACK DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	ZUMBA DURATION: 60 MIN			CXWORX DURATION: 30 MIN	
8.00pm						BODYPUMP EXPRESS DURATION: 30 MIN	
8.15pm	BODYPUMP DURATION: 30 MIN	RPM DURATION: 45 MIN	CXWORX DURATION: 30 MIN	SH'BAM DURATION: 45 MIN			
9.00pm	BODYBALANCE DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYPUMP EXPRESS DURATION: 30 MIN	CXWORX DURATION: 30 MIN			

## HEALTHWORKS DEAGON

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### STAFFED HOURS

MONDAY - THURSDAY  
5:30AM - 8:30PM  
FRIDAY  
5:30AM - 6:00PM  
SATURDAY  
7:00AM - 1:00PM  
SUNDAY  
9:00AM - 12 NOON

### CRECHE HOURS - MORNING

MONDAY - FRIDAY AM  
8:30AM - 11:30AM  
SATURDAY AM  
8:00AM - 11:00AM

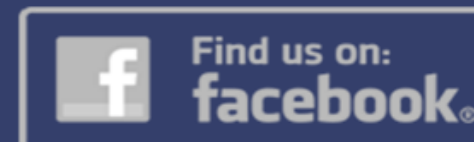
### CRECHE HOURS - EVENING

MONDAY & WEDNESDAY PM  
4:30PM - 8:00PM

### CLASS TYPE KEY

 INSTRUCTOR CLASS

 VIRTUAL CLASS



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