

HEALTHWORKS ON THE RIVER GROUP EXERCISE TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT DURATION: 30 MIN	SPIN DURATION: 60 MIN	YOGA DURATION: 60 MIN	SPIN DURATION: 60 MIN	SPIN DURATION: 60 MIN		
7.00am	BODYPUMP DURATION: 30 MIN	BODYCOMBAT DURATION: 30 MIN	BODYPUMP DURATION: 30 MIN	CXWORKS DURATION: 30 MIN	BODYPUMP DURATION: 30 MIN		
7.30am	BODYCOMBAT DURATION: 30 MIN	BODYBALANCE DURATION: 30 MIN		BODYPUMP DURATION: 30 MIN	CXWORKS DURATION: 30 MIN		
8.00am	RPM DURATION: 30 MIN	BODYPUMP DURATION: 30MIN	PILATES DURATION: 45 MIN	8.30AM BODY MAX DURATION: 30 MIN	SH'BAM DURATION: 30 MIN	8.30AM SPIN DURATION: 60 MIN	8:15AM BODYPUMP DURATION: 60 MIN
9.00am	BODYPUMP DURATION: 60 MIN	CORE & MORE DURATION: 60 MIN	SPIN & ABS DURATION: 60 MIN	YOGALATES DURATION: 60 MIN	EXPRESS ABT DURATION: 30 MIN		
9.30am					YOGA DURATION: 60 MIN	POWER YOGA DURATION: 60 MIN	BODYBALANCE DURATION 30 MIN
10.00am	PILATES DURATION: 60 MIN	10:15AM BODYBALANCE DURATION: 60 MIN		10:15AM BODYPUMP DURATION: 60 MIN			10:15AM RPM DURATION: 30 MIN
11.15am	BODYCOMBAT DURATION: 60 MIN	RPM DURATION: 45 MIN	BODYPUMP DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	SH'BAM DURATION: 45 MIN	BODYPUMP DURATION: 60 MIN	CXWORKS DURATION: 30 MIN
12.30pm	RPM DURATION: 30 MIN	BODYPUMP DURATION: 30 MIN	RPM DURATION : 30 MIN	BODYPUMP DURATION: 30 MIN	RPM DURATION: 30 MIN		
1.00pm	BODYBALANCE DURATION: 60 MIN	CXWORKS DURATION: 30 MIN	BODYBALANCE DURATION: 30 MIN	CXWORKS DURATION: 30 MIN	BODYBALANCE DURATION: 30MIN	CXWORKS DURATION: 30 MIN	
3.00pm	RPM DURATION: 45 MIN	BODYBALANCE DURATION: 60 MIN	BODYCOMBAT DURATION: 30 MIN	SH'BAM DURATION: 45 MIN	BODYPUMP DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	
4.00pm	BODYBALANCE DURATION: 30 MIN	CXWORKS DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	RPM DURATION: 45 MIN	BODYCOMBAT DURATION: 60 MIN	BODYPUMP DURATION 60MIN	RPM DURATION: 30 MIN
5.00pm	BODYPUMP DURATION: 30 MIN	RPM DURATION: 30 MIN		CXWORKS DURATION: 30 MIN	RPM DURATION: 30 MIN	RPM DURATION: 30 MIN	BODYPUMP DURATION: 30 MIN
5.30pm			SPIN DURATION: 60 MIN		BODYBALANCE DURATION: 30 MIN	BODY BALANCE DURATION: 30 MIN	BODY BALANCE DURATION: 30 MIN
6.00pm	SPIN DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN		BODYPUMP DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN		
6.30pm			PILATES DURATION: 60 MIN				
7.00pm	BODYPUMP DURATION: 60 MIN	YOGA DURATION: 60 MIN	7:45PM BODYPUMP DURATION: 30 MIN	YOGA DURATION: 60 MIN	BODYBALANCE DURATION: 30 MIN		
8.15pm	BODYBALANCE DURATION: 30 MIN	CXWORKS DURATION : 30 MIN	BODYBALANCE DURATION: 30 MIN	RPM DURATION: 30 MIN			



healthworks
FITNESS CENTRES

TENERIFFE OPENING HOURS

p 3216 1055

MONDAY - THURSDAY

5:30AM - 9:00PM

FRIDAY

5:30AM - 8:00PM

SATURDAY

7:30AM - 6:30PM

SUNDAY

8:00AM - 12 NOON

3:30PM - 6:30PM

GASWORKS STAFFED HOURS

p 3257 2728

MONDAY - THURSDAY

11:00AM - 7:00PM

FRIDAY

11:00AM - 5:00PM

SATURDAY

10:00AM - 2:00PM

CLASS TYPE KEY

 INSTRUCTOR CLASS

 VIRTUAL CLASS

healthworksfitness.com.au



Gasworks 24/7 Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am			RxD		CIRCUIT
9:00am				OLDER ADULTS	
12:30pm	EXPRESS CORE & MORE	EXPRESS RxD	BOXING	EXPRESS CONDITIONING	
6:00pm	BOXING	MATWORK PILATES		BOXING	

Level 1, 76 Skyring Terrace NEWSTEAD

p 3257 2728

STAFFED HOURS MON-THU: 11am-7pm FRI: 11am-5pm

SAT: 10am-2pm SUN: UNSTAFFED - 24/7 ACCESS

www.healthworksfitness.com.au