

# HEALTHWORKS PENINSULA GROUP EXERCISE TIMETABLE



## HEALTHWORKS PENINSULA

Level 1, Bluewater Square  
Redcliffe QLD 4020  
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p 3284 3155

### STAFFED HOURS

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

### CRECHE HOURS - MORNING

MONDAY - THURSDAY AM  
8:30AM - 11:30AM  
FRIDAY AM  
8:30AM - 12:00PM  
SATURDAY AM  
7:30AM - 10:30AM

### CRECHE HOURS - EVENING

MONDAY - WEDNESDAY PM  
4:30PM - 7:30PM  
THURSDAY PM  
5:00PM - 7:30PM

### CLASS TYPE KEY

- INSTRUCTOR CLASS
- VIRTUAL CLASS



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Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00am	BODYPUMP DURATION: 60 MIN	CXWORX DURATION: 30 MIN	BODYCOMBAT DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN	BODYPUMP EXPRESS DURATION: 30 MIN		
5.00am	CXWORX DURATION: 30 MIN	BODYPUMP EXPRESS DURATION: 30 MIN	<b>4.45AM</b> BODYBALANCE DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	
5.45am	BODYATTACK DURATION: 60 MIN	BODYBALANCE / CYCLE DURATION: 60 / 45 MIN	<b>5:30AM</b> METAPWR DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	CYCLE DURATION: 45 MIN		BODYBALANCE DURATION: 60 MIN
6.00am			FAT BURNER DURATION: 60 MIN		ABS BUTTS THIGHS DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	
7.00am	BODYBALANCE DURATION: 60 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN		BODYBALANCE DURATION: 60 MIN	CXWORX DURATION: 30 MIN	BODYBALANCE DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN
7.30am			BODYPUMP EXPRESS DURATION: 30 MIN		BODYPUMP EXPRESS DURATION: 30 MIN	METAFIT / <b>7AM</b> CYCLE DURATION: 30 MIN	
8.00am	BODYPUMP EXPRESS DURATION: 30 MIN	SHBAM EXPRESS DURATION: 30 MIN	BODYBALANCE FLEXIBILITY DURATION: 30 MIN	CXWORX DURATION: 30 MIN		BODYPUMP DURATION: 60 MIN	BODYBALANCE DURATION: 30 MIN
9.00am	BODYPUMP DURATION: 60 MIN	CIRCUIT / <b>8:30AM</b> CYCLE DURATION: 45 / 30 MIN	PUMP / <b>8:30AM</b> CYCLE DURATION: 60 MIN	METAFIT DURATION: 30 MIN	BODYATTACK / RXD DURATION: 60 / 30 MIN	BODYBALANCE DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN
9.30am	<b>9am</b> AQUA DURATION: 60 MIN			METAPWR DURATION: 30 MIN			
10.00am	YOGA DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	ABS BUTTS THIGHS DURATION: 30 MIN	BONE DENSITY DURATION: 60 MIN	CUBAN GROOVE DURATION: 60 MIN	10.15AM CXWORX DURATION: 30 MIN	BODYBALANCE DURATION: 60 MIN
11.00am		SENIORS DURATION: 60 MIN	SENIORS GROOVE DURATION: 60 MIN	SENIORS DURATION: 60 MIN	YOGA DURATION: 60 MIN		
1.00pm	BODYCOMBAT DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN		BODYCOMBAT DURATION: 60 MIN		
3.00pm						BODYCOMBAT DURATION: 40 MIN	SHBAM EXPRESS DURATION: 30 MIN
3.30pm	BODYPUMP DURATION: 60 MIN	BODYCOMBAT DURATION: 60 MIN	SHBAM DURATION: 60 MIN		BODYBALANCE DURATION: 30 MIN		CXWORX 3.45PM DURATION: 30 MIN
4.00pm					BODYPUMP EXPRESS DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN	
4.30pm	CXWORX DURATION: 30 MIN	EXPRESS SH'BAM DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN		CXWORX DURATION: 30 MIN		BODYPUMP DURATION: 60 MIN
5.00pm						BODYBALANCE DURATION: 60 MIN	
5.30pm	METAFIT DURATION: 30 MIN	METAPWR DURATION: 30 MIN	BODYPUMP DURATION: 60 MIN		BODYPUMP DURATION: 60 MIN		BODYBALANCE DURATION: 60 MIN
6.00pm	METAPWR DURATION: 30 MIN	BODYATTACK DURATION: 60 MIN		BODYSTEP DURATION: 60 MIN			
6.30pm	BOXING CIRCUIT DURATION: 30 MIN	<b>6.15PM</b> RXD DURATION: 45 MIN	YOGA DURATION: 60 MIN	RXD DURATION: 45 MIN	<b>6.45PM</b> BODYBALANCE DURATION: 30 MIN	CXWORX DURATION: 30 MIN	
7.00pm	SH'BAM DURATION: 60 MIN	BODYPUMP DURATION: 60 MIN		BODYBALANCE DURATION: 60 MIN		BODYPUMP DURATION: 60 MIN	
7.30pm					BODYCOMBAT DURATION: 60 MIN		
8.00pm	BODYPUMP DURATION: 60 MIN	BODYBALANCE DURATION: 60 MIN	CXWORX DURATION: 30 MIN			SHBAM DURATION: 45 MIN	
8.30pm			SH'BAM DURATION: 30 MIN	<b>8:15PM</b> BODYPUMP EXPRESS DURATION: 30 MIN	SH'BAM DURATION: 45 MIN		
9.00pm	BODYBALANCE DURATION: 60 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN	BODYPUMP EXPRESS DURATION: 30 MIN	BODYCOMBAT EXPRESS DURATION: 30 MIN			
9.30pm				CXWORX DURATION: 30 MIN			

# HEALTHWORKS PENINSULA - VIRTUAL CYCLE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>4:00am</b> <b>Told off by Angels</b> duration: 00:50:48	<b>4:00am</b> <b>RPM 70</b> duration: 00:48:38	<b>4:00am</b> <b>RPM SE01</b> duration: 00:34:41	<b>4:00am</b> <b>RPM 66 EXPRESS</b> duration: 00:30:00	<b>4:00am</b> <b>Nine Hammers</b> duration: 00:59:51	<b>4:00am</b> <b>RPM 67</b> duration: 00:46:17	<b>4:00am</b> <b>A Very Dark Place</b> duration: 00:50:48
<b>5:00am</b> <b>Half is Easy</b> duration: 00:38:33	<b>5:00am</b> <b>RPM 72 Express</b> duration: 00:29:54	<b>4:35am</b> <b>RPM SE01</b> duration: 00:35:47	<b>5:00am</b> <b>Nine Hammers</b> duration: 00:59:51	<b>5:00am</b> <b>RPM SE03</b> duration: 00:35:12	<b>5:00am</b> <b>Revolver is easy</b> duration: 00:22:41	<b>5:10am</b> <b>Do As You're Told</b> duration: 00:44:25
<b>6:00am</b> <b>RPM 68</b> duration: 00:48:38	<b>5:45am</b> <b>CYCLE</b> duration: 00:45:00	<b>5:10am</b> <b>RPM SE03</b> duration: 00:35:12	<b>6:00am</b> <b>RPM 72</b> duration: 00:43:01	<b>5:45am</b> <b>CYCLE</b> duration: 00:45:00	<b>6:00am</b> <b>RPM 70</b> duration: 00:45:00	<b>6:30am</b> <b>RPM 69 Express</b> duration: 00:28:53
<b>7:00am</b> <b>RPM 72</b> duration: 00:43:01	<b>7:00am</b> <b>The Wretched</b> duration: 00:56:55	<b>6:00am</b> <b>A Very Dark Place</b> duration: 00:50:48	<b>7:00am</b> <b>Rubber Glove</b> duration: 01:00:24	<b>7:00am</b> <b>Angels</b> duration: 00:56:55	<b>7:00am</b> <b>EXPRESS CYCLE</b> duration: 00:30:00	<b>7:00am</b> <b>RPM 66 EXPRESS</b> duration: 00:30:00
<b>8:30am</b> <b>The Downward Spiral</b> duration: 00:55:15	<b>8:30am</b> <b>EXPRESS CYCLE</b> duration: 00:30:00	<b>8:30am</b> <b>EXPRESS CYCLE</b> duration: 00:30:00	<b>8:30am</b> <b>RPM 67</b> Duration: 00:46:17	<b>8:30am</b> <b>RPM 72</b> duration: 00:43:01	<b>7:20am</b> <b>Half is Easy (No Music)</b> duration: 00:38:33	<b>7:45am</b> <b>RPM SE02</b> duration: 00:35:47
<b>9:30am</b> <b>Best Thing in The World</b> duration: 00:47:07	<b>8:40am</b> <b>Do As You're Told (No Music)</b> duration: 00:44:23	<b>8:30am</b> <b>Extra Shot (No Music)</b> duration: 00:38:40	<b>9:20am</b> <b>Do As You're Told</b> duration: 00:44:25	<b>9:30am</b> <b>RPM 67</b> duration: 00:46:17	<b>8:30am</b> <b>A Very Dark Place</b> duration: 01:08:31	<b>8:20am</b> <b>RPM SE02</b> duration: 00:35:47
<b>10:30am</b> <b>RPM 71</b> duration: 00:43:29	<b>10:30am</b> <b>The Wretched</b> duration: 00:50:42	<b>8:30am</b> <b>Nine Hammers (No Music)</b> duration: 00:59:51	<b>10:30am</b> <b>The Downward Spiral</b> duration: 00:55:15	<b>10:30am</b> <b>The Rookie</b> duration: 00:54:48	<b>10:00am</b> <b>Revolver is easy</b> duration: 00:22:41	<b>8:55am</b> <b>RPM SE03</b> duration: 00:35:12
<b>12noon</b> <b>Half is Easy</b> duration: 00:38:33	<b>12noon</b> <b>The Rookie</b> duration: 00:50:48	<b>12noon</b> <b>RPM 68</b> duration: 00:48:38	<b>12noon</b> <b>RPM EXPRESS 63 (EN)</b> duration: 00:30:57	<b>12noon</b> <b>RPM Beginner</b> duration: 00:31:50	<b>12noon</b> <b>RPM 67</b> duration: 00:46:17	<b>9:35am</b> <b>Told off by Angels</b> duration: 00:55:51
<b>1:00pm</b> <b>RPM Beginner</b> duration: 00:31:50	<b>1:00pm</b> <b>The Best Thing in The World</b> duration: 00:47:07	<b>1:00pm</b> <b>Do As You're Told</b> duration: 00:44:25	<b>1:00pm</b> <b>A Very Dark Place</b> duration: 00:50:48	<b>1:00pm</b> <b>RPM SE01</b> duration: 00:35:47	<b>1:20pm</b> <b>Long Scream (No Music)</b> duration: 00:36:08	<b>10:35am</b> <b>A Very Dark Place</b> duration: 01:08:31
<b>4:00pm</b> <b>The Downward Spiral</b> duration: 00:55:15	<b>4:00pm</b> <b>RPM 72</b> duration: 00:43:29	<b>2:00pm</b> <b>The Rookie</b> duration: 00:50:48	<b>4:00pm</b> <b>RPM 67 EXPRESS</b> duration: 00:28:53	<b>4:00pm</b> <b>Do As You're Told</b> duration: 00:44:25	<b>5:30pm</b> <b>RPM 72</b> duration: 00:43:01	<b>12noon</b> <b>RPM 73</b> duration: 00:43:29
<b>5:00pm</b> <b>RPM 74</b> duration: 00:48:38	<b>5:00pm</b> <b>RPM 69</b> duration: 00:44:16	<b>3:00pm</b> <b>The Wretched</b> duration: 00:50:42	<b>5:00pm</b> <b>The Way Out</b> duration: 01:00:57	<b>5:00pm</b> <b>RPM 67</b> duration: 00:46:17		<b>1:00pm</b> <b>Nine Hammers</b> duration: 00:59:51
<b>7:00pm</b> <b>Angels</b> duration: 00:56:55	<b>7:30pm</b> <b>Told off by Angels</b> duration: 00:55:51	<b>4:00pm</b> <b>RPM 74</b> duration: 00:48:38	<b>6:30pm</b> <b>Revolver</b> duration: 00:46:08	<b>6:00pm</b> <b>A Very Dark Place</b> duration: 00:50:48		<b>2:00pm</b> <b>RPM 73</b> duration: 00:43:01
		<b>5:00pm</b> <b>A Very Dark Place</b> duration: 00:50:48	<b>7:20pm</b> <b>RPM 72</b> duration: 00:43:29	<b>7:00pm</b> <b>RPM 74</b> duration: 00:48:38		<b>3:30pm</b> <b>The Rookie</b> duration: 00:54:48
		<b>7:00pm</b> <b>RPM 72 Express</b> duration: 00:29:54	<b>7:20pm</b> <b>RPM 72</b> duration: 00:43:29			<b>4:30pm</b> <b>A Very Dark Place</b> duration: 00:50:48
		<b>7:30pm</b> <b>RPM 67 EXPRESS</b> duration: 00:28:53				
		<b>8:00pm</b> <b>RPM 69 Express</b> duration: 00:29:54				
		<b>8:35pm</b> <b>RPM 69 Express</b> duration: 00:29:54				