



For all enquiries please call **4230 7500**
Timetable correct as of 5 December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 6:00-6:30 AM 30 Mins Instructor: Hope	Smash 6:00-6:45 AM 45 Mins Instructor: Tom	Cycle 6:00-6:30 AM 30 Mins Instructor: Hope	Boxing 6:00-6:45 AM 45 Mins Instructor: Hope	Smash 6:00-6:30 AM 30 Mins Instructor: Nat	Run Club 6:00-7:00 AM 60 Mins Instructor: Nat/Renee
Smash 9:15-9:45 AM 30 Mins Instructor: Tania	Cycle 9:15-9:45 AM 30 Mins Instructor: Nat	Intervals 6:00-6:45 AM 45 Mins Instructor: Nat	Cycle 9:15-9:45 AM 30 Mins Instructor: Hope	Smash 9:15-9:45 AM 30 Mins Instructor: Nat	Smash 6:30-7:15 AM 45 Mins Instructor: Maddi
Active Circuit 12:00-12:30 PM 30 Mins Instructor: Nikki	Power Bar 10:00-10:45 AM 45 Mins Instructor: Tania	Smash 9:15-9:45 AM 30 Mins Instructor: Maddi	Boxing + Abs 10:00-10:30 AM 30 Mins Instructor: Hope	Active Circuit 12:00-12:30 PM 30 Mins Instructor: Nat	
Smash 5:30-6:00 PM 30 Mins Instructor: Tom	Yoga 12:00-1:00 PM 60 Mins Instructor: Karen	Active Circuit 12:00-12:30 PM 30 Mins Instructor: Maddi	Yoga 12:00-1:00 PM 60 Mins Instructor: Ali		
Cycle 6:15-6:45 PM 30 Mins Instructor: Tania	Kids Ninja Warrior 4:00-4:45 PM 45 Mins (Ages 5 - 13) Instructor: Nat	Boxing 5:30-6:15 PM 45 Mins Instructor: Tom	HIIT 5:30-6:00 PM 30 Mins Instructor: Sam		
	Core 5:30-6:00 PM 30 Mins Instructor: Nat	Yoga 6:15-7:15 PM 60 Mins Instructor: Karen	Power Bar 6:15-7:00 PM 45 Mins Instructor: Nikki		
	Strong Man 6:15-7:00 PM 45 Mins Instructor: Sam				