



Group Fitness Timetable

Classes run for 45 minutes . Classes marked with * run for 60 minutes

AM	MON	TUES	WED	THURS	FRI	SAT
6.00am		VIN YOGA*	BOX FIT	F.I.I.T	PUMPED	
7.30am						BOX FIT
8.30am	FREESTYLE			FREESTYLE		B STRONG
9.30am	BOX FIT	PUMPED	F.I.I.T	SPIN FIT	PYRAMID	
10.30am	DYNAMIC	OLDER ADULTS	VIN YOGA*	OLDER ADULTS	DYNAMIC	PILATES*
PM	MON	TUES	WED	THURS	FRI	SAT
6.30pm	BOX FIT	PYRAMID	B STRONG	YIN YOGA*	B STRONG	
7.30pm	PILATES*		PILATES*			