



BERRYFITNESS24|7

feel better everyday

Classes run for 45 minutes. Classes marked with *run for 60 minutes. Saturday BOXFIT is 7:30am. No classes public holiday

Group Fitness Timetable

AM	MON	TUES	WED	THURS	FRI	SAT
6.00am	SPIN FIT	CIRCUIT	BOX FIT	STRENGTH & CONDITION	PUMPED	
7.00am				7.30am PUMPED	VIN YOGA*	7.30am BOX FIT
8.30am	FREESTYLE	DYNAMIC	STRENGTH & CONDITION	FREESTYLE	STRENGTH & CONDITION	B STRONG
9.30am	BOX FIT	PUMPED	F.I.L.T	SPIN FIT	H.I.I.T CIRCUIT	PILATES*
10.30am	VIN YOGA*	ACTIVE ADULTS	VIN YOGA*	ACTIVE ADULTS	PILATES*	PILATES*
12.30pm	FREESTYLE					
5.30pm	STRENGTH & CONDITION		H.I.I.T CIRCUIT	SPIN FIT		
6.30pm	BOX FIT	CIRCUIT	B STRONG	VIN YOGA*	SLOW FLOW*	
7.30pm	PILATES*	PILATES*	PILATES*			