



# GROUP FITNESS

## TIMETABLE

**Monday** 5am Group PT | 9am Revitalise | 9.30am HIIT | 4.40pm Group PT | 5.30pm Group Ride | 5.30pm Group PT

**Tuesday** 5am Group PT | 6.15am Group Ride | 10.30am Strong | 4.40pm Group PT | 5.30pm Group PT

**Wednesday** 5am Group PT | 9am Revitalise | 9.30am Zumba Gold | 10.30am Zumba | 12pm HIIT | 4.30pm Pilates | 4.40pm Group PT | 5.30pm Group PT | 5.45pm Ride 30

**Thursday** 5am Group PT | 6.15am Group Ride | 9am Revitalise | 9.30am HIIT | 10am Zumba | 4.40pm Group PT | 5.30pm Ride | 5.30pm Group PT | 5.45pm Circle Mobility | 6.30pm Zumba Step

**Friday** 5am Group PT | 9am Revitalise | 10.30am Zumba Step | 4.30pm Pilates | 4.40pm Group PT | 5.30pm Group PT

**Saturday** 8am Strong | 8.30am Ride 30 | 9am Circle Mobility

Direct Debit: \$22 per fortnight includes all group fitness classes and boxing for fitness

Up Front Membership: 6 Months \$285 | 12 Months \$570 | Casual Visit \$15

Group PT is an additional fee of \$10 per session bookings required call Will 0423624483