

Main Studio - City Club	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.05am	SUPER CIRCUIT			FIT BALL				
	12.00pm (1hr)	General Yoga					9.15am		
	12.15pm (45min)						10.15am		
	1.15pm (45min)						1st Sat of the month	11.30 am MEGA COMBO	
	5.10pm (50min)								
	5.30pm					Yoga Flow			
	6.00pm	AWESOME ABS 30mins			MILITARY MADNESS		3.00pm	BOXING BLITZ	
	6.30pm								
	7.00pm		PILATES						

Spin Studio - City Club	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.05am						8.15am		
	12.30pm EXPRESS								
	5.10pm						4.00pm		
	5.30pm								

Main Studio - Stockland Club	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.05am						8.15am (45mins)		
	9.30am						9.00am (45mins)		
	10.30am						9.45am		
	12.15pm (45mins)								
	4.30pm						3.00pm	STEP COMBO Bodystep VRS Freestep	PILATES
	5.30pm						3.50pm		
	6.15pm								
	6.30pm								

Spin Studio - Stockland Club	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.05am								
	9.30am								
	5.30pm								
	5.45pm								
	6.30pm								