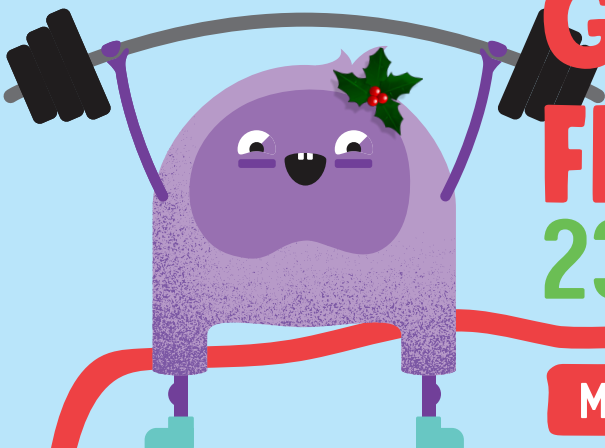


GROUP FITNESS FESTIVE TIMETABLE 23-29 December 2019



MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5.45 AM	FUNCTIONAL CIRCUIT 45 mins	BOXING 45 mins				9.15 AM	BODYCOMBAT 45 mins
8.40 AM		BODYPUMP 45 mins				9.30 AM	BODYPUMP 30 mins
9.30 AM	BODYPUMP 60 mins	HIIT 30 mins			HIITSTEP 30 mins	10.00 AM	ZUMBA 60 mins
10.05 AM		BODYBALANCE 30 mins			ABT 30 mins	10.05 AM	BODYPUMP 45 mins
10.40 AM	YOGALATES 75 mins	PILATES 60 mins					
5.15 PM	BODYPUMP 30 mins				BODYBALANCE 60 mins		
5.50 PM	CXWORX 30 mins						
6.25 PM	ZUMBA 45 mins						
7.15 PM	YOGA 60 mins						



STUDIO 2

	MON	TUE
5.45 AM	GROUP CYCLE 45 mins	
9.30 AM		RPM 45 mins
5.15 PM	GROUP CYCLE 30 mins	
5.50 PM	RPM 45 mins	

	SAT	SUN
8.30 AM	RPM 45 mins	



AQUA FITNESS

	MON	TUE	WED	THU	FRI
5.45 AM		AQUA FIT 45 mins			
8.35 AM	AQUA FIT 45 mins				AQUA FIT 45 mins
9.30 AM	AQUA FIT 45 mins	AQUA ENERGY 45 mins			
10.30 AM		AQUA FIT 45 mins			
6.30 PM	AQUA FIT 45 mins				

	SAT	SUN
8.30 AM	AQUA ENERGY 45 mins	
9.30 AM		AQUA FIT 45 mins



HEALTH CLUB

	MON	TUE	WED	THU	FRI
5.45 AM	OMNIA X 30 mins	OMNIA 30 mins			OMNIA 30 mins
6.30 AM	OMNIA 30 mins	OMNIA 30 mins			OMNIA 30 mins
7.15 AM					OMNIA 30 mins
9.15 AM	OMNIA 30 mins	OMNIA X 30 mins			OMNIA 30 mins
10.00 AM	OMNIA 30 mins	OMNIA 30 mins			OMNIA X 30 mins
10.30 AM	LLLS 120 mins				LLLS 120 mins
10.45 AM	OMNIA SENIOR 30 mins				OMNIA SENIOR 30 mins
3.30 PM	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins			
4.45 PM	OMNIA 30 mins				OMNIA 30 mins
5.45 PM	OMNIA 30 mins				OMNIA 30 mins

	SAT	SUN
9.00 AM	OMNIA X 30 mins	OMNIA 30 mins
10.00 AM	OMNIA 30 mins	OMNIA 30 mins

ARENA 4 Townley St, Armadale

	MON	TUE
9.30 AM	WAR 60 mins	RIP 60 mins

HAVE AN #ACTIVEXMAS