

PLATINUM

MIND BODY FITNESS

XMAS GROUP FITNESS TIMETABLE

Group Fitness classes will be closed from 23/12.

Xmas Group Fitness Timetable will run from Monday 4/1/2021 – 11/01/2021 (please see below)

Normal Group Fitness Timetable will resume Monday 11/01/2021

MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1
	6:00am -7:00am Hot yoga <u>Dini</u>		6:00am-7:00am Strength Squad <u>Jordia</u>		7.30am - 8.30am Dance 1hr No Heat <u>Sarah</u>
		8.30am – 9.30am Young at Heart <u>Liam</u>	9:30am-10:30am Pilates <u>Kylie</u>		8:30am-9:30am Hot yoga <u>Amy</u>
5:30pm-6:00pm Booty Bands and Abs <u>Jordia</u>		5.30pm – 6.30pm Hot Yoga <u>Dini</u>	5:30pm-6:30pm Ballet Barre <u>Eliza</u>		
6:45pm-7:30pm Dance Express <u>Sarah</u>	6.30pm-7.30pm Pilates <u>Natasha</u>	6.30pm -7.30pm Dance 1 hr <u>Sarah</u>		5.45pm – 6.45pm Dance 1 hr <u>Sarah</u>	
	7.30pm – 8.30pm Dance 1 hr <u>Michelle</u>				