

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30am	TONE UP 45	CYCLE 45	HIIT 45	PILATES	CYCLE 45		
7.15am						HIIT 45	NON STOP 20
8.00am	STRONG SET 45	STEP 30	LITE & LO	STRETCH	TONE UP		CYCLE 45
8.15am						STRONG SET 45	
8.30am		BOOTY BURN 30					
9.00am							STRETCH
9.15am		CYCLE 45	LOAD UP 45	LITE & LO			
9.30am	FIGHT FIT 45	LITE & LO		CYCLE 45	ZUMBA 45	HATHA YOGA	
10.00am							
10.05am			MOVE 2 MUSIC 45				
10.30am	AO50's PILATES		PILATES	TONE UP 45	AO50's CYCLE 45		
10.35am		STRETCH					
11:00am			MINI & ME				
11.35am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm				KIDS BOOTCAMP 45			ZUMBA 45
4.30pm	PILATES		CYCLE 45				
5.00pm		ZUMBA 45		STRONG SET 45	ZUMBA 45		
5.15pm			LOAD UP 45				
5.35pm	HIIT 45						
5.45pm			PILATES		CYCLE 45		
5.50pm		STRONG SET 45					
6.00pm				HATHA YOGA FIGHT FIT 45			
6.10pm			LEVEL UP STEP				
6.25pm	TONE UP 45						
6.45pm		VINYASA YOGA					
7.15pm	CYCLE 45						

- ATTENDING CLASSES**
- All classes are 1 hour unless otherwise stated
 - Class bookings open at 8am, 1 days prior via the app
 - Cancellation of booking is 2 hour prior to class starting
 - Bring clean feet to all mind / body classes
 - Use hygiene stations provided to clean equipment
 - Bring water & towel to all classes and use towel on your equipment, mats and to remove sweat from your body.
 - Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry.
 - Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class



HealthMates
Fitness Centre

GROUP EXERCISE TIMETABLE

Effective 9/9/24

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