

FESTIVE TIMETABLE

Each week is different. To see who is teaching see the app for details

TIME	MON 20/1/25	TUE 21/1/25	WED 22/1/25	THU 23/1/25	FRI 24/1/25	SAT 25/1/25	SUN 26/1/25	
5.30am		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						TONE UP 45		
8.30am		BOOTY BURN 30						
9.15am		CYCLE 30	LOAD UP 45	LITE & LO				
9.30am	FIGHT FIT 45	LITE & LO		CYCLE 45	ZUMBA 45	HATHA YOGA		
9.50am		ABS BLAST						
10.05am			MOVE 2 MUSIC 45				HAPPY AUSTRALIA DAY	
10.30am	AO50's PILATES		PILATES	TONE UP 45	AO50's CYCLE 45			
10.35am		STRETCH						
11:00am			MINI & M E					
11.35am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45			
4.30pm	PILATES		CYCLE 45					
5.00pm		ZUMBA 45		BODY BLITZ 45	ZUMBA 45			
5.15pm	HIIT 45		LOAD UP					
5.45pm			PILATES		CYCLE 45			
5.50pm		STRONG SET 45						
6.00pm				HATHA YOGA				
6.10pm	TONE UP 45							
6.25pm			HIIT 45					
6.45pm		VINYASA YOGA						
7.00pm	CYCLE 45							