

SSH+F RENOVATION

TIMETABLE

13th to 15th JUNE

GROUP FITNESS CLASSES

Held in the Events Centre - Riewoldt Room

SMALL GROUP CLASSES

Meet in front of the Fitness Centre entrance.

Bookings essential.

(Bookings available from Wednesday 5th June)

TIME	Thu 13 th		Fri 14 th		Sat 15 th	
	GROUP FITNESS (EVENTS CENTRE)	SMALL GROUP TRAINING	GROUP FITNESS (EVENTS CENTRE)	SMALL GROUP TRAINING	GROUP FITNESS (EVENTS CENTRE)	SMALL GROUP TRAINING
5:30am	LES MILLS BODYCOMBAT	CIRCUIT FIT	LES MILLS BODYPUMP	CALORIE BLAST		
6:30am	ABT		YOGA			BOOTCAMP
7:00am	LES MILLS GRIT STRENGTH				LES MILLS GRIT STRENGTH 6.45am	
7:30am	YOGA		HEALTHY + ACTIVE 7:35AM		BEGINNERS YOGA	BOXFIT BOOTCAMP
8:30am	PILATES		LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	
9:30am	LES MILLS BODYPUMP	CIRCUIT FIT	BEGINNERS YOGA	KETTLEBELL	LES MILLS BODYCOMBAT	
10.30am	LES MILLS BODYBALANCE		LES MILLS BODYPUMP			
4.00pm	METAFIT					
4:45pm	ABT		THE ZUU			
5.30pm		CALORIE BLAST				
5:45pm	LES MILLS BODYCOMBAT Maria		RESTORATIVE YOGA			
6:45pm	LES MILLS BODYPUMP Ben W.					

Our Management & Staff would like to thank you for your support and understanding during this time.