



GROUP FITNESS TIMETABLE

PT
MONDAY - SATURDAY
BOOKINGS REQUIRED

CRECHE
FROM 9AM WEEKDAYS
8AM WEEKENDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
6:00am	FUNCTIONAL 45	CORE 30	FUNCTIONAL	MYSTERY CLASS 30	SPARTAN X		
7:00am	FUNCTIONAL 30		FUNCTIONAL 30		SPIN 30		
8:00am	SENIORS 45	SENIORS 45	SENIORS 45	SENIORS 45	SENIORS 45	SPIN (7.30) 30	
8:15am						FUNCTIONAL 45	
9:00am							(POP UPS) INCLUDING BEACH WORKOUTS, OVAL SESSIONS AND HIKES/TEAM CHALLENGES
9:15am	TABATA 45	BARBELL 45	HIIT + CORE 45	SPARTAN X 45	FUNCTIONAL 45	BOXING, STEP AND YOGA (POP UPS)	
10:15am	SPIN 30	SPIN 30	SPIN 30	SPIN 30			
12:00pm				MIDDAY (POP UP) 30			
3:30pm	KIDS FITNESS 30		KIDS FITNESS 30				
4:00pm	ARVO BLITZ 30		ARVO BLITZ 30	ARVO BLITZ 30			
5:00pm				BOXING (4.30) 45	FUNCTIONAL 30		
5:15pm	CORE 30	BUMS + TUMS 30		STEP (5.30) 30			
6:00pm	BARBELL 45	FUNCTIONAL 30		BARBELL (6.15) 45			
	SPIN 30	SPIN 30	SPIN 30				
7:00pm	YOGA 60		YOGA (6.45) 60				

YOUR FITNESS
FAMILY



@imperiumgroupfitness



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