


GROUP FITNESS TIMETABLE


MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM					LES MILLS RPM		
6.00 AM	SPRINT	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS CXWORX		
8.15 AM						LES MILLS BODYSTEP	
8.30 AM					LES MILLS RPM	CYCLE	LES MILLS BODYCOMBAT
8.55 AM	LES MILLS CXWORX						
9.30 AM	LES MILLS BODYPUMP		LES MILLS BODYATTACK	LES MILLS GRIT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.00 AM				LES MILLS BODYBALANCE			
10.30 AM	LES MILLS BODYBALANCE		LES MILLS BODYPUMP		BOXING	LES MILLS BODYBALANCE	ROLLAFLEX
10.40 AM	LES MILLS RPM						
11.00 AM	SILVER SNEAKERS	SILVER SNEAKERS SENIOR MOVEMENT TO MUSIC		SILVER SNEAKERS	SILVER SNEAKERS		
12.15 PM			LES MILLS BODYBALANCE				
4.25 PM		LES MILLS BODYBALANCE			LES MILLS BODYBALANCE		
4.55 PM		LES MILLS CXWORX			LES MILLS CXWORX		
5.25 PM	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT		
5.45 PM	LES MILLS RPM		SPRINT	LES MILLS RPM			
6.30 PM	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
7.35 PM	SH-BAM	ROLLAFLEX	LES MILLS BODYBALANCE				

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
QUEEN'S BIRTHDAY	MONDAY 30 TH SEPTEMBER	10.00 AM - 4.00PM	10.15 AM 10.30 AM 11.15 AM	BODY PUMP AQUA AEROBICS BODY BALANCE

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		ENERGISE		ENERGISE			
8.00 AM						AQUA AEROBICS	
9.10 AM	AQUA AEROBICS		AQUA AEROBICS	AQUA AEROBICS			AQUA AEROBICS
9.15 AM							
10.00 AM	AQUA FOR ALL	AQUA FOR ALL		AQUA FOR ALL			
6.00 PM	AQUA ENERGISE		AQUA AEROBICS				
6.30 PM		AQUA AEROBICS					

GYM FLOOR							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		FX30		FX30			
7.30 AM						FX30	
9.30 AM		FX30					
10.00 AM		FX30					
5.25 PM	FX30		FX30				


 UP TO **3** MINUTES AFTER CLASS STARTS = LAST CHANCE TO GET A TICKET


 UP TO **5** MINUTES AFTER CLASS STARTS = LAST CHANCE TO GET IN

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

View timetable online WWW.BELMONT OASIS.COM.AU