



AUSTRALIA DAY

CLASS SCHEDULE

SATURDAY 26TH
JANUARY 2019

BOXFIT

7:00AM - (60MINS)

CARDIO BURST

8:00AM - (30MINS)

YOGA

8:30AM - (60MINS)

ULTIMATE CONDITIONING

9:30AM - (60MINS)

ZUMBA®

10:30AM - (60MINS)

POUND™

11:30AM - (45MINS)





AUSTRALIA DAY

CLASS SCHEDULE

SUNDAY 27TH
JANUARY 2019

STRONG BY ZUMBA®
8:30AM - (60MINS)

HARDCORE ABS
9:30AM - (30MINS)

ZUMBA®
10:00AM - (60MINS)

HATHA YOGA
11:00AM - (60MINS)

YIN YOGA
5:45AM - (60MINS)





AUSTRALIA DAY

CLASS SCHEDULE

MONDAY 28TH
JANUARY 2019

KILLER CORE AND STRETCH
7:00AM - (60MINS)

CELEBRITY BODY
8:00AM - (60MINS)

POUND™
9:00AM - (45MINS)

#JUSTDANCE
4:45PM - (60MINS)

ZUMBA®
5:45PM - (60MINS)

