

GROUP FITNESS TIMETABLE

= 60 MINUTES ALL OTHER CLASSES 45 MINUTES



STUDIO 1 - STUDIO 2 - CYCLE STUDIO - FUNCTIONAL TRAINING ZONE						
MON	TUE	WED	THU	FRI	SAT	SUN
6:10AM H.I.I.T ROXY	#6:10AM BODYPUMP SHARON	6:10AM SPIN EMILY	#6:10AM BODYPUMP VIRTUAL	6:10AM H.I.I.T EMILY		
9:30AM STEP SHARON	9:30AM STEP CRISTY	9:30AM TRI AEROBICS SHARON	#9:30AM BODYPUMP CRISTY	9:30AM THUMP BOXING ASH	9:15AM TRI AEROBICS SHARON	#9:30AM FUNCTIONAL TRAINING EMILY F/GEMMA
9:30AM H.I.I.T EMILY F	9:30AM H.I.I.T ASH	9:30AM THUMP BOXING EMILY F	9:30AM H.I.I.T ASH	9:30AM H.I.I.T TRISH	9:30AM SPIN TRISH	#10.30AM BODY BALANCE BETHANY
9:30AM SPIN ASH	10:15AM TTB CRISTY	9:30AM FUNCTIONAL TRAINING EMILY	10:30AM SPIN ASH	#10:15AM BODYBALANCE JACQUI	#9:30AM FUNCTIONAL TRAINING EMILY F	
10:15AM FITBALL ASH		#10:15AM BODYPUMP SHARON		10:15AM SPIN TRISH	#10:00AM BODYPUMP SHARON	
		10:15AM FITBALL EMILY F				
5:15PM ZUMBA ROSE	5:15PM TTB GEMMA	5:15PM FUNCTIONAL TRAINING GEMMA				
#6:00PM BODYPUMP CRISTY	6:00PM SPIN GEMMA	#6:00PM BODYPUMP MIRIAM	6:00PM SPIN TRISH			
6:15PM H.I.I.T EMILY	6:15PM FUNCTIONAL TRAINING EMILY F	6:15PM SPIN GEMMA	#6:45PM BODYBALANCE JACQUI			
6:15PM SPIN TRISH	#7:00PM BODYBALANCE MIRIAM	#7:00PM BODYBALANCE MIRIAM	#7:00PM FUNCTIONAL TRAINING EMILY F			
7:15 PM FUNCTIONAL TRAINING CRISTY						

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**VIRTUAL CLASSES
available on demand
via kiosks in Studio 2
& Cycle Studio**

Class descriptions available at
www.benefitfitness.com.au

as at 3 May 2019

BODYBALANCE
BODYPUMP
FITBALL
FUNCTIONAL TRAINING
H.I.I.T - High Intensity Interval Training
SPIN
STEP
THUMP - BOXING
TRI AEROBICS
TTB - Tummy, Thighs, Butt
ZUMBA

STUDIO 1
STUDIO 1
STUDIO 2
FUNCTIONAL TRAINING ZONE
STUDIO 2
CYCLE STUDIO
STUDIO 1
STUDIO 1 & 2
STUDIO 1
STUDIO 1
STUDIO 1