




# GROUP FITNESS TIMETABLE

# = 60 MINUTES \* = 30 MINUTES ALL OTHER CLASSES 45 MINUTES

## STUDIO 1 - STUDIO 2 - RIDE STUDIO - FUNCTIONAL TRAINING ZONE

MON	TUE	WED	THU	FRI	SAT	SUN
6:10AM H.I.I.T ROXY	#6:10AM BODYPUMP CECILEY	6:10AM RIDE 45 EMILY	6:10AM FUNCTIONAL TRAINING ROXY	6:10AM H.I.I.T EMILY	8:30AM 	8:30AM 
9:30AM STEP SHARON	9:30AM BODYPUMP CRISTY	9:30AM TRI AEROBICS SHARON	#9:30AM BODYPUMP CRISTY	9:30AM PUNCH H.I.I.T ASH	9:15AM TRI AEROBICS SHARON	#9:30AM FUNCTIONAL TRAINING EMILY F
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 RIDE 45 TRISH	#10.30AM BODYBALANCE BETHANY
9:30AM RIDE 45 ASH	10:15AM RIDE 45 ASH	9:30AM FUNCTIONAL TRAINING EMILY	9:30AM 	#10:15AM BODYBALANCE JACQUI	9:30AM FUNCTIONAL TRAINING EMILY F	
10:15AM FITBALL ASH	10:15AM TTB CRISTY	10:15AM FITBALL EMILY F	10:30AM RIDE 45 ASH	10:15AM RIDE 45 TRISH	#10:15AM BODYPUMP EMILY F	
					*10:30AM RIDE 30 ASH	
**1PM STRENGTH FOR LIFE 50+		**12PM STRENGTH FOR LIFE 50+	**1PM STRENGTH FOR LIFE 50+			

*5:30PM RIDE 30 LISA	5:15PM TTB GEMMA	5:15PM FUNCTIONAL TRAINING GEMMA	
#6:00PM BODYPUMP CRISTY	6:00PM RIDE 45 GEMMA	#6:00PM BODYPUMP MIRIAM	6:00PM RIDE 45 TRISH
6:15PM H.I.I.T EMILY	6:15PM FUNCTIONAL TRAINING EMILY F	6:15PM RIDE 45 GEMMA	#6:45PM BODYBALANCE JACQUI
6:15PM RIDE 45 TRISH	#7:00PM BODYBALANCE MIRIAM	#7:00PM BODYBALANCE MIRIAM	#7:00PM FUNCTIONAL TRAINING EMILY F
7:15 PM FUNCTIONAL TRAINING CRISTY	7:00PM 		7:00PM 

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### VIRTUAL CLASSES available on demand via kiosks in Studio 2 & RIDE Studio

Class descriptions available at

[www.benefitfitness.com.au](http://www.benefitfitness.com.au)

as at 7 September 2019

BODYBALANCE

BODYPUMP

FITBALL

FUNCTIONAL TRAINING

H.I.I.T - High Intensity Interval Training

PUNCH H.I.I.T

RIDE 30 & RIDE 45

STEP

THUMP - BOXING

TRI AEROBICS

TTB - Tummy, Thighs, Butt

THE TRIP - VIRTUAL

STUDIO 1

STUDIO 1

STUDIO 2

FUNCTIONAL TRAINING ZONE

STUDIO 2

STUDIO 1

RIDE STUDIO

STUDIO 1

STUDIO 2

STUDIO 1

STUDIO 1

RIDE STUDIO

\*\*STRENGTH FOR LIFE 50+ ADDITIONAL COSTS APPLY