



GROUP FITNESS TIMETABLE Contact SportUNE on
6773 3856 / 6773 3855

Worsell Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	7.00am		MATURE & MOTIVATED			MATURE & MOTIVATED		7.00am		
	9.00am						9.00am			
	9.30am	LITEPACE					9.30am			
	1.00pm	30 MAX	BOXFIT	30 MAX			1.00pm			
	3.15pm						3.15pm		BODYPUMP TECHNIQUE	
	3.30pm						3.30pm			
	4.00pm						4.00pm			
	5.20pm							5.20pm		
6.30pm							6.30pm			

Spin Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am		SPIN		SPIN		6.00am		
	8.00am						8.00am		
	1.00pm		SPIN		SPIN		1.00pm		
	5.30pm						5.30pm		

Balcony Lounge	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	7.00am						7.00am		
	8.50am	FITBALL					8.50am		
	5.00pm						5.00pm		
	5.20pm	BOXFIT					5.20pm		
	6.00pm						6.00pm		

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9.30am	AQUA		AQUA			9.30am		
	10.00am					AQUA	10.00am		
	11.00am		YOUNG AT HEART		YOUNG AT HEART		11.00am		
	4.30pm						4.30pm		AQUA
	6.10pm			AQUA			6.10pm		

