

Group Fitness Timetable

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
6.15am	VIRTUAL SPRINT 30	RPM	BODYBALANCE 45	BODYPUMP 45	VIRTUAL SPRINT 30		
8.15am						VIRTUAL SPRINT 30	
9.15am	BODYPUMP	BODYSTEP	GRIT CARDIO Starting 7/11	GRIT STRENGTH Starting 8/11	VINYASA YOGA	BODY ATTACK 45	
9.30am							BODYPUMP EXPRESS 30
10.00am			RPM Starting 7/11	RPM Starting 8/11		BODYPUMP	CXWORX
10.15am	PILATES	BODYBALANCE	VINYASA YOGA	BODYBALANCE			
10.30am							ZUMBA
11.30am			BODYPUMP			BODYBALANCE	
5.30pm	BODYATTACK	ZUMBA	RPM	BODYPUMP			
6.30pm	BODYPUMP	BODYSTEP	ZUMBA	BODYATTACK			
6.30pm			RPM				
7.00pm	RPM				FULL MOON MEDITATION 3rd Friday of the Month		
7.30pm	VINYASA YOGA	VIRTUAL SPRINT 30	BODYBALANCE	VIRTUAL SPRINT 30			

Please note: Please arrive 5 minutes before class begins. For safety, no entry after warm up. Don't forget to bring a towel.

New participants, injuries, pregnancy? If you are a new participant, have injuries, are pregnant or have other special concerns, please arrive 5 minutes early and advise your instructor before class commences. They can make variations for your special needs.

For any questions please contact us: 563A Pascoe Vale Road, Oak Park, Vic 3046

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