



AFL Grand Final Friday

Group Fitness Timetable

Fri 27 Sept 2024

Centre hours
8am-7pm

Group Fitness classes

8.15am

AQUA - Bec

9:30am

Pilates - Melinda

10.45am

Tai Chi - Cheryl

Virtual Fitness classes

12.30pm

V BODY PUMP

4.30pm

V DANCE

5:30pm

V BODY BALANCE

Virtual Cycle classes

8.15am

V RPM

9.30am

V RPM

10.45am

V THE TRIP

11.30am

V RPM

12.30pm

V RPM

4:30pm

V RPM

5:30PM

V SPRINT

Collect class ticket at reception!