



Grand Final Friday

Public Holiday

Friday 27th September

Centre Open

8.00am till 7.00pm

Group Fitness Classes

8.15am and 9.15am Aqua Movers

Cycle Studio Virtual Classes	Group Fitness Studio Classes
8.15am Virtual RPM	8.10am Strong Movers
	9.00am Virtual Body Pump (E)
9.30am Virtual RPM	9.35am Virtual Body Balance
10.45am Virtual Sprint	10.45am Barre
11.30am Virtual RPM (E)	
2.15pm Virtual RPM	2.40pm Virtual Body Pump (E)
3.15pm Virtual RPM (E)	3.15pm Virtual Les Mills Barre
4.15pm Virtual Sprint	4.20pm Virtual Body Balance
5.30pm Virtual RPM	5.25pm Virtual Body Combat

(E) = Express 30-minute class