

SANDHURST HEALTH CLUB

GROUP FITNESS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------------------|-------------------------|-------------------------|-------------------------|--------------------------|-----------------|
| 6 AM | Boxercise | Raise the bar Full Body | Functional Fitness | Raise the bar Full Body | Pilates | |
| 6.45 AM | FREE walking group | | | | | |
| 7 AM | | Aqua Spin | | Aqua Spin | Pilates | Run Club |
| 7.30 AM | | Pilates | | | | |
| 8 AM | Just Stretch | | | | Just Stretch | Super Saturdays |
| 9 AM | | | Yoga | Dance Aerobics | | Super Saturdays |
| 9.15 AM | | | | | FREE walking group | |
| 9.30 AM | Yoga | | | | Yoga | |
| 10 AM | Fat Burner | Dance Aerobics | Raise the bar Full Body | Functional Fitness | | Yoga |
| 10.30 AM | Aqua | | | | HydroFunctional JointFit | |
| 11.15 AM | | Tai Chi | | | Raise the bar Full Body | |
| 12.15 PM | | | | Aqua Spin | | |
| 6.30 PM | Aqua Spin | Raise the bar Full Body | Aqua Boxercise | Raise the bar Full Body | | |
| 7 PM | | | | Yoga | | |
| 7.10 PM | Aqua Spin | | | | | |
| 7.30 PM | HIIT | | | | | |

Class Duration

30 min

45 min

75 min

90 min

\$50 per month (direct debit) for unlimited group fitness classes.