

SANDHURST HEALTH CLUB

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Fat burner	Boxercise	Functional fitness	HIIT	Circuit	
6.20am						HIIT
7am						Circuit
7.30am		Pilates		Pilates		
7.55am						Boxercise
8am	Stretch for seniors				Stretch for seniors	
9.30am	Yoga				Yoga	
10am	Fat burner	Strength & toning	Functional fitness	Light pace	Circuit	
10.30am	Aqua					
12.15pm		Aqua spin		Aqua spin		
6.30pm	Aqua spin Circuit	Glutes & core	Aqua HIIT	Strength & toning		
7.10pm	Aqua spin					
7.50	Aqua spin					

Class duration: 30 min 45 min 60 min 1.5 hrs

Members can get active and participate in group fitness classes* in the following ways:

- Member unlimited class options
1 month \$40 | 3 months \$108 | 6 months \$204 | 12 months \$384
- Members 10-pack: \$65
- Single class \$7.50

* Please note, all prices and packages exclude Yoga and Aqua Fitness classes.



SANDHURST CLUB