

GROUP FITNESS TIMETABLE - WANNEROO



MONDAY 17/12				TUESDAY 18/12				WEDNESDAY 12/12				THURSDAY 13/12			
TIME	CLASS	LOCATION	MIN	TIME	CLASS	LOCATION	MIN	TIME	CLASS	LOCATION	MIN	TIME	CLASS	LOCATION	MIN
8:45 am	Freestyle Pump	Group Fit Studio	30	5:30 am	Tfw Hurricane	Group Fit Studio	45	5:30 am	Cycle	Cycle Studio	45	5:30 am	Tfw Energy Circuit	Group Fit Studio	45
9:15 am	Body Attack	Group Fit Studio	45	8:45 am	Cycle X-Train	Cycle Studio	45	8:45 am	Abs Blast	Group Fit Studio	45	9:00 am	Cycle Express	Cycle Studio	30
9:15 am	Spin	Cycle Studio	60	9:00 am	Freestyle Pump	Group Fit Studio	45	9:30 am	Cycle	Cycle Studio	45	9:00 am	Body Combat	Group Fit Studio	45
10:00 am	Power Pilates	Group Fit Studio	60	9:30 am	Cycle X-Train	Cycle Studio	45	9:45 am	Tabata	Group Fit Studio	45	9:45 am	Body Pump	Group Fit Studio	45
5:30 pm	Tfw Energy Circuit	Group Fit Studio	60	9:45 am	Konga	Group Fit Studio	45	3:30 pm	Kids Classes	Group Fit Studio	45	10:30 am	Yoga	Group Fit Studio	60
5:30 pm	Cycle X-Train	Cycle Studio	45	10:30 am	Pilates	Group Fit Studio	60	5:30 pm	Bodycombat	Group Fit Studio	60	3:30 pm	Kids Classes	Group Fit Studio	45
6:15 pm	Cycle X-Train	Cycle Studio	45	5:30 pm	Boxing	Group Fit Studio	60	6:00 pm	Cycle & Boxing	Cycle Studio	45	5:30 pm	Cycle Express +	Cycle Studio	30
6:30 pm	Bodypump	Group Fit Studio	60	5:30 pm	Cycle	Cycle Studio	45	6:30 pm	Bodypump	Group Fit Studio	60	5:30 pm	Power Pilates	Group Fit Studio	60
7:30 pm	Yoga	Group Fit Studio	60	6:30 pm	Roll N Release	Group Fit Studio	60	7:30 pm	Yoga	Group Fit Studio	60	6:30 pm	Hiit	Group Fit Studio	60

FRIDAY 14/12				SATURDAY 15/12				SUNDAY 16/12			
TIME	CLASS	LOCATION	MIN	TIME	CLASS	LOCATION	MIN	TIME	CLASS	LOCATION	MIN
8:45 am	Abt	Group Fit Studio	30	7:30 am	Boxing	Group Fit Studio	45	8:15 am	Cycle Express +	Cycle Studio	30
9:15 am	Freestyle Pump	Group Fit Studio	60	8:15 am	Bodypump	Group Fit Studio	60	8:45 am	Tabata	Group Fit Studio	45
9:15 am	Cycle	Cycle Studio	45	8:45 am	Cycle	Cycle Studio	45				
10:15 am	Roll N Release	Group Fit Studio	60	9:15 am	Fitstep	Group Fit Studio	60				
5:30 pm	Christmas Tabata	Group Fit Studio	60	10:15 am	Pilates	Group Fit Studio	60				



***BOOKING REQUIRED** - Members of Surge Fitness are able to book in by **calling reception** or from the online **'Members Login'** which can be accessed from our website. Please contact reception to request your login and password details.