

# GROUP FITNESS TIMETABLE - PERTH CBD



## MONDAY 17/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Lesmills Bodypump	Group Fit Studio	45
1:00 pm	Mat Pilates	Group Fit Studio	45
5:30 pm	Stages Indoor Cycling	Cycle Studio	45

## TUESDAY 18/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Stages Cycling Express	Cycle Studio	30
12:45 pm	Vinyasa Yoga	Group Fit Studio	45
5:15 pm	Lesmills Bodypump Express	Group Fit Studio	30

## WEDNESDAY 12/12

TIME	CLASS	LOCATION	MIN
6:30 am	Sunrise Vinyasa Yoga	Group Fit Studio	60
12:15 pm	Core Blast	Group Fit Studio	30
12:45 pm	Training For Warriors	Group Fit Studio	45
5:15 pm	Training For Warriors	Group Fit Studio	45
5:30 pm	Stages Indoor Cycling	Cycle Studio	45
6:15 pm	Sunset Vinyasa Yoga	Group Fit Studio	60

## THURSDAY 13/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Stages Indoor Cycling	Cycle Studio	45
12:15 pm	Mat Pilates	Group Fit Studio	45
5:15 pm	Lesmills Bodypump Express	Group Fit Studio	30
5:45 pm	Core Blast	Group Fit Studio	30

## FRIDAY 14/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Lesmills Bodypump Express	Group Fit Studio	30
12:45 pm	Yin Yoga	Group Fit Studio	45

## SATURDAY 15/12

TIME	CLASS	LOCATION	MIN
8:30 am	Training For Warriors	Group Fit Studio	45
9:30 am	Vinyasa Yoga	Group Fit Studio	60

## SUNDAY 16/12

TIME	CLASS	LOCATION	MIN
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**\*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.