

# GROUP FITNESS TIMETABLE - WOODSIDE



## MONDAY 17/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Box & Cycle Interval	Group Fit Studio	45
4:45 pm	Strong Cores Abt	Group Fit Studio	45

## TUESDAY 18/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Tfw Hurricane	Group Fit Studio	45
4:45 pm	Sunset Yoga - Vinyasa	Group Fit Studio	60

## WEDNESDAY 12/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Yoga - Vinyasa	Group Fit Studio	60
4:45 pm	Box & Cycle Interval	Group Fit Studio	45

## THURSDAY 13/12

TIME	CLASS	LOCATION	MIN
12:15 pm	No Pilates Due To Whw	Group Fit Studio	60
4:45 pm	Tfw Hurricane	Group Fit Studio	45

## FRIDAY 14/12

TIME	CLASS	LOCATION	MIN
12:15 pm	Tfw Hurricane	Group Fit Studio	45

## SATURDAY 15/12

TIME	CLASS	LOCATION	MIN
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## 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.