

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am – 30 to 45 min classes	CX WORKS Matt (30 mins)	YOGA MOVES Nat	BODY PUMP Ali	STEP Gail	PILATES Gail		
9.05am Cycle studio						RPM Annette	
10.15am	March Challenge : 20 classes in 20 days Go in the running to Win \$200 champion gear. *free entry for members					BODYPUMP Annette	YOGA Jane
12.05pm	PILATES *45 mins Jane	BODYPUMP Ali	BODY BALANCE Ali	RPM Shane (30 mins)	PUMP Ceciley		
12.10pm Mezz floor					PT circuit Shane N		
12.45pm				CX WORKS Shane (30 mins)	PT circuit Shane N		
5.10pm	BODY ATTACK Ali	PUNCHPAD Shane	BODY ATTACK Ali (45 mins)	BODYPUMP Sally	YOGA Jane		
5.15pm Cycle studio		RPM Sally		FREE SPIN Shane		Recreation Programs Club funk/hip hop Starts 2nd March 6.30pm—7.30pm Fridays x 6 wks Poledancing Starts 6th March Tues x 8weeks 6pm—7pm Burlesque Starts 7th March Weds x 6 weeks 7.30pm—8.30pm Boot camp Starts 19th March Mon, Wed, & Fri 7am—8am x 4wks.	
5.30pm Cycle studio	FREE SPIN Shane						
5.30pm Mezz floor			PT circuit Shane N				
6.00pm			CX WORKS Ali (30 mins)				
6.15pm	BODYPUMP Gail	CX WORKS Irene (30 mins)		BODY BALANCE Sally			
6.15pm Cycle studio			FREE SPIN Jason <small>Ride for a reason for > 15 \$1 each person to charity</small>				
6.30pm			ZUMBA Tammie				
6.45pm		BODY BALANCE Sally (45 mins)					

New and on site. Massage @ flinders ONEfitness
Private health fund rebate-able. 10% Member discount.