



# CHRISTMAS/NEW YEAR TIMETABLE

## MAIN STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
	24/12	25/12	26/12	27/12	28/12	29/12	30/12
6:00am	BodyPump				GRIT Cardio		
8:00am						GRIT Strength	
8:30am						BodyAttack	GRIT Cardio
9:00am							
9:30am				BodyPump	9.45am Body Balance	BodyPump	BodyPump
10:30am							Sh'Bam
12:15pm	BodyStep						
6:00pm					BodyPump		
6:30pm							

## MIND BODY STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
9:30am						Yoga	
5:30pm				BUTI Yoga			

## CYCLE STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00am					RPM		
8:30am						RPM HP	
9:30am	RPM						RPM
12:15pm				Sprint			

## LEAN ST

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00am					Power Circuit		
5:30pm				Functional Fitness			



## CHRISTMAS/NEW YEAR TIMETABLE

### MAIN STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
	31/12	01/01	02/01	03/01	04/01	05/01	06/01
6:00am	BodyPump		GRIT Strength		GRIT Cardio		
6:30am							
8:00am						GRIT Strength	
8:30am						BodyAttack	GRIT Cardio
9:30am				BodyPump	9.45am Body Balance	BodyPump	BodyPump
10:30am							Sh'Bam
12:15pm	BodyStep						
5:30pm			BodyPump				
6:00pm					BodyPump		
6:30pm				Sh'Bam			

### GYM FLOOR

	MON	TUES	WED	THUR	FRI	SAT	SUN
10:00am				Functional Fit			
12:15pm			Power Circuit				

### MIND BODY STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
9:30am			Yoga			Yoga	
10:30am							Yin Yoga
5:30pm				BUTI Yoga			

### CYCLE STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00am					RPM		
8:30am						RPM HP	
9:30am	RPM						RPM
12:15pm				Sprint			
6:30pm			RPM				



**POOL**

	MON	TUES	WED	THUR	FRI	SAT	SUN
	31/12	01/01	02/01	03/01	04/01	05/01	06/01
7.00am					AquaFit		
7.00pm			AquaFit				

**LEAN ST**

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00am			Power Circuit	Power Circuit			
5:30pm			Functional Fitness	Functional Fitness			

**BOXING – NOW AT INDOOR SPORTS**

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00 am					Boxing		
8:00am						Boxing	
12:15pm							
5:30pm			Boxing	Boxing			

For more information on classes and instructors, head to our website [www.allsortsaustralia.com.au](http://www.allsortsaustralia.com.au)