

SANDHURST HEALTH CLUB

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	Boxercise	Hybrid	Functional Fitness	Raise The Bar (Full Body)	Fat Burner	
7 AM		Aqua Spin		Aqua Spin		
7:30 AM		Pilates		Pilates		
8 AM	Just Stretch				Just Stretch	Boxercise
9 AM			Yoga (Stretch/Relax)	Dance Aerobics	FREE Walking Group	Super Saturdays
9:30 AM	Yoga				Yoga	
10 AM	Hybrid	Dance Aerobics	Raise The Bar (Full Body)	Functional Fitness	Fat Burner	
10:30 AM	Aqua				Hydro Functional JointFit	
11:00 AM		Tai Chi				
12:15 PM	FREE Walking Group			Aqua Spin		
6:30 PM	Aqua Spin HIIT	Raise The Bar (Full Body)	Aqua Boxercise	Raise The Bar (Full Body)		
7:10 PM	Aqua Spin					
7:30 PM				Yoga Stretch/Relax		

Class Duration

30 min

45 min

75 min

90 min

\$50 per month (direct debit) for unlimited group fitness classes.