Group Fitness Timetable

SHOALHAVEN SWIM | SPORT | FITNESS

MOSSA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	REPS & ROUNDS / GROUP RIDE	REPS & ROUNDS	RIDE / SMALL GROUP FUNCTIONAL TRAINING	REPS & ROUNDS	R30	
6:30 AM					CORE	
7:30 AM						
8:00 AM		RIDE	R30	RIDE		
8:15 AM					STEP AEROBICS	INSTRUCTOR'S CHOICE
8:30 AM			CORE			
9:15 AM	POWER	BLAST	BOX FIT	BARBELL	POWER	
10:15 AM	CENTERGY		STRENGTH & STRETCH		CENTERGY	
10:30 AM				STRENGTH & STRETCH		
11:00 AM		PILATES				
11:15 AM	EVERYDAY FIT		EVERYDAY FIT		EVERYDAY FIT	
11:30 AM				EVERYDAY FIT		
5:30 PM			BARBELL			
6:00 PM	STRETCH	PILATES		CIRCUIT		

Classes are subject to change without notice.

Bookings are essential for all classes. Members, multi-pass holders and Fitness Possport members can book up to 7 days in advance. Casual visitors can book 24 hours in advance, and payment is required at time of booking.

'Instructors Choice' changes weekly. Check the board for details.