

GYM CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		CIRCUIT			CIRCUIT	
7:00am	YOGA	ZUMBA		CORE & BOOTY		BOOTCAMP
8:15am	STRENGTH PLUS	FUSION STRETCH	CARDIO BLAST	STRENGTH	STEP	STRENGTH
9:30am	STEP		ZUMBA	PILATES	FUSION STRETCH	
10:45am	PILATES					

6:00pm	BOOTCAMP	STRENGTH	STEP COMBO	YOGA		
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This timetable is subject to change and cancellation.

Please call (07) 3410 4010 to book your spot or email countryclub@phgcc.com.au