

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	H.I.I.T		SPIN		H.I.I.T	
6:30AM						
7:00AM				YOGA		
11:00AM						*FREE STYLZ
4:15PM	H.I.I.T		H.I.I.T			
4:30PM		BOXING FITNESS				
5:00PM	YOGA			*BOOGIE BOUNCE 45		
5:15PM			PILATES			
5:30PM		BOXING FITNESS		BOXING FITNESS		
6:00pm	*BOOGIE BOUNCE 30					
6:30pm						

\*BOOGIE BOUNCE  
30 min class \$12.  
45 min class \$15.  
Bookings Essential:  
<https://gymcatch.com/app/provider/4201/events>

**OPENING  
TIMES:**

MONDAY TO FRIDAY:  
SATURDAY:  
SUNDAY:  
PUBLIC HOLIDAYS:

6-9 AM, 12-2:30 PM, 3-8 PM  
8-11AM  
CLOSED  
CLOSED

\*FREE STYLZ is  
\$5 per session  
First session is FREE!

**FOR MORE INFORMATION: (07) 3244 5675**  
**LEVEL 1, A BLOCK, 14 GLENELG STREET, SOUTH BRISBANE**  
**[go.tafeqld.edu.au/Gym-Membership](https://go.tafeqld.edu.au/Gym-Membership)**

RTO 0275 | CRICOS 03020E

**MAKE  
GREAT  
HAPPEN**

