

GROUP FITNESS TIMETABLE



START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	START TIME	SATURDAY	SUNDAY
5:30 AM		TITAN HIIT 30 SPIN 30	TITAN HIIT 30	TITAN HIIT 30 SPIN 30	TITAN HIIT 30	7:00 AM	TITAN HIIT 30 SPIN 45	
6:00 AM	TITAN HIIT 30 SPIN 30	TITAN HIIT 30	TITAN HIIT 30 SPIN 30	TITAN HIIT 30	TITAN HIIT 30 SPIN 30	7:30 AM	VINYASA YOGA TITAN HIIT 30	
6:15 AM		VINYASA YOGA SPIN 30	BODYPUMP	PILATES		8:00 AM	SPIN 30	TITAN HIIT 45
6:30 AM	TITAN HIIT 30	TITAN HIIT 30	TITAN HIIT 30	TITAN HIIT 30	TITAN HIIT 30	8:30 AM		SPIN 45
6:45 AM	SPIN 30		SPIN 30		SPIN 30		BODYPUMP	BODYPUMP
7:00 AM	TITAN HIIT 30 PILATES			TITAN HIIT 30		9:30 AM	HATHA YOGA	HATHA YOGA
7:15 AM			BOXING			9:45 AM	TITAN HIIT 45 SPIN RPM 45	
8:00 AM		SPIN RPM 30				10:30 AM	PILATES	
8:45 AM		BODYPUMP						
9:00 AM	SPIN 45	SPIN 45	SPIN 45	TITAN HIIT 45				
9:15 AM					BOXING			
9:30 AM	BODYPUMP	TITAN HIIT 45	TITAN HIIT 45 BODYPUMP	VINYASA YOGA	PILATES			
9:45 AM		PILATES						
10:00 AM	TITAN HIIT 45							
10:30 AM					TITAN HIIT 45			
11:30 AM		PRIME MOVERS						
5:00 PM	TITAN HIIT 30	TITAN HIIT 30						
5:30 PM	TITAN HIIT 30	TITAN HIIT 30	TITAN HIIT 30	TITAN HIIT 30				
6:00 PM	TITAN HIIT 45 SPIN 45 BODYPUMP	SPIN RPM 45	TITAN HIIT 45 SPIN 45	TITAN HIIT 30 SPIN 45				
6:15 PM		BOXING						
6:30 PM				PILATES				
7:00 PM			BODYPUMP					
8:00 PM	YIN YOGA							

- No Towel (Large Size) - NO TRAIN policy applies.
- Your own mats are required for Pilates and Yoga.
- Your own Boxing gloves and inners are required for Boxing.
- Download the Titan Fitness app via the Apple or Google Play store to book classes.
- If you are unable to attend your pre-booked session, please cancel in advance to enable other members to book in.
- Any previous pain or injury should be reported to the instructor prior to the class commencing.

If you don't have your login details you can see us at reception or call us on (02) 9665 4058

* We have towels and mats available to hire in Club.

<p style="text-align: center;">UNDERGROUND</p> <p style="text-align: center;">HIIT 30/45 min, Boxing (45 min), Prime Movers (60 min)</p>	<p style="text-align: center;">SKY STUDIO</p> <p style="text-align: center;">Bodypump (60 min), Pilates (45 - 60 min), Yoga (60 min)</p>	<p style="text-align: center;">SPIN STUDIO</p> <p style="text-align: center;">Spin / RPM 30/45 min</p>
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