



Staffed Reception Hours

Mon – Thurs 8.00am – 7.30pm
 Friday 8.00am – 6.30pm
 Saturday 8.30am – 11.30am

Crèche Hours

Mon – Thurs 8.30am – 7.30pm
 Friday 8.30am – 6.30pm
 Saturday 8.00am – 11.30am

Access card required outside these times

GROUP FITNESS TIMETABLE EFFECTIVE FROM 29th JANUARY 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00am	LES MILLS CXWORX (Virtual)	LES MILLS RPM 30 min	LES MILLS BODYBALANCE 30min	LES MILLS RPM 30 min	LES MILLS CXWORX (Virtual)	LES MILLS BODYCOMBAT (Virtual)	
6.00am	SPINERGY	FITBOX	LES MILLS BODYATTACK	LES MILLS GRIT	LES MILLS BODYPUMP		
7.00am							LES MILLS CXWORX (Virtual)
8.00am						LES MILLS GRIT	
8.30am						LES MILLS BODYATTACK 45min	
9.30am	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS RPM (Virtual)
10.30am	LES MILLS BODYBALANCE (Virtual)		PILATES			LES MILLS BODYBALANCE	LES MILLS BODYBALANCE (Virtual)
11.00am							
11.45am			50+ YOUNG AT HEART		50+ YOUNG AT HEART		
12.30pm	LES MILLS RPM (Virtual)	LES MILLS CXWORX (Virtual)		LES MILLS BODYPUMP (Virtual)		LES MILLS RPM (Virtual)	
1.00pm			LES MILLS RPM (Virtual)		LES MILLS SH'BAM (Virtual)		LES MILLS BODYCOMBAT (Virtual)
4.00pm	LES MILLS GRIT					LES MILLS SH'BAM (Virtual)	LES MILLS BODYPUMP (Virtual)
4.40pm	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	50/50	FITBOX	SPINERGY		
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYPUMP	FORCE	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS RPM (Virtual)	LES MILLS BODYBALANCE (Virtual)
6.30pm				LES MILLS BODYBALANCE		LES MILLS BODYPUMP (Virtual)	
6.40pm	LES MILLS CXWORX (Virtual)	SPINERGY	YOGA		LES MILLS SH'BAM (Virtual)		
8.30pm	LES MILLS SH'BAM (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS RPM (Virtual)	LES MILLS BODYPUMP (Virtual)	LES MILLS BODYBALANCE (Virtual)		
10.00pm	LES MILLS BODYCOMBAT (Virtual)	LES MILLS BODYPUMP (Virtual)	LES MILLS CXWORX (Virtual)	LES MILLS SH'BAM (Virtual)	LES MILLS RPM (Virtual)	LES MILLS BODYBALANCE (Virtual)	LES MILLS BODYPUMP (Virtual)
11.30pm	LES MILLS BODYPUMP (Virtual)	LES MILLS CXWORX (Virtual)	LES MILLS BODYCOMBAT (Virtual)	LES MILLS BODYBALANCE (Virtual)	LES MILLS SH'BAM (Virtual)	LES MILLS RPM (Virtual)	LES MILLS CXWORX (Virtual)

106 Kable Ave, TAMWORTH T: 02 6766 8388 E:sales@clubsynergy.com.au
 ACCESS CARD REQUIRED FOR CLASSES HIGHLIGHTED GREY
 CLASSES WITH (Virtual) LOGO ARE VIRTUAL CLASSES