



**Staffed Reception Hours**

Mon – Thurs 9.00am – 7.30pm  
 Friday 9.00am – 6.30pm  
 Saturday 8.30am – 11.30am

**Crèche Hours**

Mon – Thurs 9.00am – 7.30pm  
 Friday 9.00am – 6.30pm  
 Saturday 8.00am – 11.30am

**Access card required outside these times**

**GROUP FITNESS TIMETABLE EFFECTIVE FROM 20<sup>th</sup> MAY 2019**

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

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