



# GROUP FITNESS CLASS TIMETABLE

## LIVE, ONLINE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS	<b>SNOW FITNESS TRAINING</b> 45 Min - LIVE CLASS	<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS	<b>SNOW FITNESS TRAINING</b> 45 Min - LIVE CLASS	<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS	
8am						<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS
9:30am		<b>HARD CORE STRETCH</b> 30 Min - LIVE CLASS		<b>HARD CORE STRETCH</b> 30 Min - LIVE CLASS	<b>SMASH HIIT</b> 45 Min - LIVE CLASS	<b>STRETCH &amp; RECOVER</b> 45 Min - LIVE CLASS
11am	<b>FIT BALL PILATES &amp; MORE</b> 45 Min - LIVE CLASS		<b>BUILD YOUR CORE</b> 45 Min - LIVE CLASS		<b>BUILD YOUR CORE</b> 45 Min - LIVE CLASS	
2pm		<b>FOREVER ACTIVE</b> 45 Min - LIVE CLASS		<b>FOREVER ACTIVE</b> 45 Min - LIVE CLASS		

***As a valued member you are given the links to join us in any of our Group Fitness classes that you wish to participate in.***

*Our memberships are just \$25 per week with absolutely no extra's and no locked in contracts.*

***As part of your membership you will receive:***

*Options to participate in any of our 15 Live Online Group Fitness Classes per week.*

*Access to all of our Members Only YouTube channel with content uploaded weekly.*

*FREE Snow Fitness membership for you to use anytime, anywhere.*

*Consistent support from our highly qualified, professional and motivated team.*

*And much more...*

***Please contact our team anytime on [info@highcountryfitness.com.au](mailto:info@highcountryfitness.com.au) or (02) 6456 2296***

