



GROUP FITNESS CLASS TIMETABLE *Starts 11th of October 2021*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	GRIT STRENGTH 30'	GRIT ATHLETIC 30'	BODYPUMP 30'	GRIT CARDIO 30'	CORE 30'	
6:15am	GRIT ATHLETIC 30'		CORE 30'			
7:15am	BODYPUMP 45'	GRIT CARDIO 30'		GRIT STRENGTH 30'		BODYPUMP 55'
9:30am	BODYPUMP 55'		SH'BAM 45'		BODYPUMP 55'	STRETCH & RECOVER 45 Min - LIVE CLASS
10:45am	FIT BALL CORE & MORE 60 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS	BUILD YOUR CORE 60 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS	BUILD YOUR CORE 60 Min - LIVE CLASS	
11:55am	CORE 30'		CORE 30'		GRIT CARDIO 30'	
12:30pm		BODYPUMP 45'		BODYPUMP 45'	CORE 30'	SH'BAM 45'
1:30pm		FOREVER ACTIVE 60 Min - LIVE CLASS		FOREVER ACTIVE 60 Min - LIVE CLASS		BODYPUMP 30' BEGINNER CLASS
5:30pm	BODYPUMP 55'	GRIT CARDIO 30'	BODYPUMP 55'	GRIT ATHLETIC 30'	BODYPUMP 30'	BODYBALANCE 55'
6:15pm					BODYBALANCE 55'	
6:45pm	BODYBALANCE 55'	CORE 30'	BODYBALANCE 55'	CORE 30'		

VIRTUAL = Our VIRTUAL CLASSES within our facility are identified by this logo. = Class Duration in minutes.

Equipment for all Classes is provided | Please bring with you a towel and full water bottle | Wear comfortable workout clothing & supportive shoes

1 Snowy River Avenue, Jindabyne NSW 2627

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