



GROUP FITNESS CLASS TIMETABLE

Starts 16th May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	GRIT CARDIO 30'	BODYPUMP 30'	GRIT ATHLETIC 30'	GRIT STRENGTH 30'	CORE 30'	
6:15am	GRIT ATHLETIC 30'		CORE 30'		SNOW FITNESS 45 Min - LIVE CLASS	
7:15am	BODYPUMP 45'	SNOW FITNESS 45 Min - LIVE CLASS	BODYPUMP 45'	SMASH HIIT 45 Min - LIVE CLASS		BODYPUMP 55'
9:30am	BODYPUMP 55'	BODYBALANCE 55'	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	CORE 30'	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	GRIT CARDIO 30'
11:55am	CORE 30'		CORE 30'		GRIT CARDIO 30'	CORE 30'
12:30pm	SH'BAM 45'	BODYPUMP 45'	SH'BAM 45'	BODYPUMP 45'	BODYPUMP 45'	SH'BAM 45'
1:30pm	BODYBALANCE 55'	FOREVER ACTIVE 60 Min - LIVE CLASS		FOREVER ACTIVE 60 Min - LIVE CLASS		GRIT STRENGTH 30'
5:30pm	BODYPUMP 55'	GRIT CARDIO 30'	BODYPUMP 55'	GRIT ATHLETIC 30'	CORE 30'	BODYBALANCE 55'
6:15pm					BODYBALANCE 55'	
6:45pm	BODYBALANCE 55'	CORE 30'	BODYBALANCE 55'	STRETCH & RECOVER 45 Min-LIVE CLASS		

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

You will find us at 1 Snowy River Avenue, Jindabyne NSW 2627

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