



GROUP FITNESS CLASS TIMETABLE

Starts 10th June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	GRIT CARDIO 30	GRIT STRENGTH 30	BODYATTACK 30	BODYPUMP 30	CORE 30	
6:15am	CORE 45	BODYPUMP 45	BODYPUMP 45	GRIT ATHLETIC 30	BODYATTACK 45	
7:15am	SNOW FITNESS 45 Min - LIVE CLASS	BODYBALANCE 30	SNOW FITNESS 45 Min - LIVE CLASS	BODYBALANCE 30	INDOOR BOOT CAMP 45 Min - LIVE CLASS	BODYPUMP 60
9:30am	BODYPUMP 45	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	PILATES CORE FUSION 45 Min - LIVE CLASS	DANCE 45	BODYPUMP 45	STRETCH & RECOVER 45 Min - LIVE CLASS
10:35am	PILATES BALL CORE 45 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	BODYBALANCE 60	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	PILATES CORE FUSION 45 Min - LIVE CLASS	
12:30pm	BODYPUMP 60	GRIT ATHLETIC 30	BODYPUMP 60	BODYCOMBAT 30	BODYPUMP 60	GRIT CARDIO 30
1:35pm		FOREVER ACTIVE 60 Min - LIVE CLASS 60+		FOREVER ACTIVE 60 Min - LIVE CLASS 60+	BODYBALANCE 60	CORE 45
5:45pm					CORE 45	DANCE 45
6:40pm	BODYBALANCE 60	BODYBALANCE 60	BODYCOMBAT 60	BODYBALANCE 60	DANCE 45	BODYBALANCE 60

Classes are for everyone!

(Please enquire with our team as to what classes will suit you best)



VIRTUAL = Our VIRTUAL CLASSES within our facility are identified by this logo.

30

45

60

= 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

highcountryfitness.com.au | [Facebook](#) | [Instagram](#)