



GROUP FITNESS CLASS TIMETABLE

Starts 29th June 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am	30	30	30	30	30		
6:15am	45		45				30
7:15am	SNOW FITNESS 45 Min - LIVE CLASS	60	SNOW FITNESS 45 Min - LIVE CLASS	60	INDOOR BOOT CAMP 45 Min - LIVE CLASS	60	60
9:30am	45	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	JINDABYNE PILATES 45 Min - LIVE CLASS	INSTRUCTORS CHOICE 45 Min - LIVE CLASS	45	STRETCH & RECOVER 45 Min - LIVE CLASS	60
10:35am	HARD CORE STRETCH 45 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	60	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	PILATES BALL FUSION 45 Min - LIVE CLASS		30
12:30pm	45	30	45	30	45	30	
1:35pm		FOREVER ACTIVE 60 Min - LIVE CLASS 60+		FOREVER ACTIVE 60 Min - LIVE CLASS 60+	60	45	45
4pm		30		30		JINDABYNE PILATES 45 Min - LIVE CLASS	60
6:35pm	60	60	30	60	60	60	

Classes are for everyone! (Please enquire with our team as to what classes will suit you best)

= 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