



GROUP FITNESS CLASS TIMETABLE

Starts 7th October 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am	30	STRENGTH 30	CARDIO 30	30	ATHLETIC 30		
6:15am	45		45				ATHLETIC 30
7:15am	INDOOR BOOT CAMP 45 Min - LIVE CLASS	60	SNOW FITNESS 45 Min - LIVE CLASS	PILATES 45 Min - LIVE CLASS	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	PILATES 45 Min - LIVE CLASS	60
9:30am	45	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	PILATES 45 Min - LIVE CLASS	STRONGER! 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	CARDIO 30	
1:35pm		FOREVER ACTIVE 60 Min - LIVE CLASS 60+		FOREVER ACTIVE 60 Min - LIVE CLASS 60+	60	45	30
5:30pm	60		60			STRENGTH 30	60
6:35pm	60	60	60	60	45		

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.



= 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