



GROUP FITNESS CLASS TIMETABLE

Starts 7th October 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		BODYATTACK 45	
7:15am	INDOOR BOOT CAMP 45 Min - LIVE CLASS	BODYPUMP 60	SNOW FITNESS 45 Min - LIVE CLASS	BODYBALANCE 60	CIRCUIT - YOUR WAY 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+	STRETCH & RECOVER 45 Min - LIVE CLASS	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
5:30pm	BODYPUMP 60		BODYPUMP 60		CORE 45	BODYBALANCE 60
6:35pm	BODYBALANCE 60	BODYBALANCE 60	BODYBALANCE 60	BODYBALANCE 60	DANCE 45	

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. = 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