



GROUP FITNESS CLASS TIMETABLE

Starts 9th February 2026

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