



GROUP FITNESS CLASS TIMETABLE

Starts 12th February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	GRIT ATHLETIC 30'	GRIT STRENGTH 30'	GRIT CARDIO 30'	BODYPUMP 30'		
7:15am	INDOOR BOOT CAMP 45 Min - LIVE CLASS		SNOW FITNESS 45 Min - LIVE CLASS		CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	BODYPUMP 55'
9:30am	BODYPUMP 55'	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	BUILD YOUR CORE 60 Min - LIVE CLASS	INDOOR BOOT CAMP 45 Min - LIVE CLASS	BODYPUMP 55'	STRETCH & RECOVER 45 Min-LIVE CLASS
10:45am	FIT BALL CORE & MORE 60 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	STRETCH & RECOVER 45 Min-LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	BUILD YOUR CORE 60 Min - LIVE CLASS	SH'BAM 45'
11:55am	CORE 30'		CORE 30'			CORE 30'
12:30pm	SH'BAM 45'	BODYPUMP 45'	BODYPUMP 55'	BODYPUMP 45'		
1:30pm		FOREVER ACTIVE 60 Min - LIVE CLASS 60+		FOREVER ACTIVE 60 Min - LIVE CLASS 60+		
5:30pm	BODYPUMP 55'		BODYPUMP 55'		BODYBALANCE 55'	BODYBALANCE 55'
6:45pm	BODYBALANCE 55'	CORE 30'	BODYBALANCE 55'	BODYBALANCE 55'	CORE 30'	

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