

# fitness24seven

## 2019 Timetable Lavington

www.fitness24seven.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00am <b>RPM</b> 45	6.00am <b>BODYPUMP</b> 45	6.00am <b>BODYCOMBAT VIRTUAL</b> 55	6.00am <b>BODYATTACK</b> 45	6.00am <b>RPM</b> 45		
	6.00am <b>BODYCOMBAT VIRTUAL</b> 55	6.50am <b>BODYCOMBAT VIRTUAL</b> 55	6.00am <b>sprint</b> 30	7.00am <b>SH'BAM VIRTUAL</b> 30	6.00am <b>BODYBALANCE VIRTUAL</b> 55	8.15am <b>GRIT™</b> 30	8.00am <b>BODYBALANCE VIRTUAL</b> 55
	7.15am <b>BODYPUMP VIRTUAL</b> 55	8.00am <b>CXWORX VIRTUAL</b> 30	7.05am <b>BODYPUMP VIRTUAL</b> 55	7.30am <b>CXWORX VIRTUAL</b> 30	7.00am <b>BODYCOMBAT VIRTUAL</b> 55	9.00am <b>BODYSTEP</b> 1hr	
	8.30am <b>SH'BAM VIRTUAL</b> 30	8.30am <b>BODYPUMP VIRTUAL</b> 30	8.00am <b>SH'BAM VIRTUAL</b> 30	8.00am <b>BODYPUMP VIRTUAL</b> 55	8.15am <b>BODYBALANCE VIRTUAL</b> 55	9.15am <b>sprint</b> 30	9.30am <b>BODYPUMP</b> 1hr
	9.30am <b>BODYSTEP</b> 1hr	9.30am <b>BODYPUMP</b> 1hr	8.30am <b>BODYCOMBAT VIRTUAL</b> 30			10.00am <b>PILATES</b> 1hr	10.30am <b>YOGA</b> 1hr
	10.30am <b>CXWORX</b> 30	10.45am <b>RPM</b> 45	9.30am <b>BODYSTEP</b> 1hr	9.30am <b>BOXFIT</b> 45	9.30am <b>BODYPUMP</b> 1hr		
			10.30am <b>BODYBALANCE</b> 1hr	10.30am <b>BODYBALANCE</b> 1hr	10.30am <b>BODYPUMP</b> 1hr	11.05am <b>BODYCOMBAT VIRTUAL</b> 55	
		10.35am <b>BODYCOMBAT VIRTUAL</b> 55			10.45am <b>RPM</b> 45		
	11.15am <b>BODYPUMP VIRTUAL</b> 55	11.30am <b>BODYBALANCE VIRTUAL</b> 55	12.00pm <b>BODYPUMP VIRTUAL</b> 30	11.45am <b>BODYCOMBAT VIRTUAL</b> 55			
	12.30pm <b>SH'BAM VIRTUAL</b> 30	12.30pm <b>CXWORX VIRTUAL</b> 30	12.30pm <b>BODYCOMBAT VIRTUAL</b> 30	1.00pm <b>CXWORX VIRTUAL</b> 30	12.00pm <b>BODYPUMP VIRTUAL</b> 55		
	1.15pm <b>BODYBALANCE VIRTUAL</b> 30	1.30pm <b>BODYPUMP VIRTUAL</b> 55		1.30pm <b>BODYCOMBAT VIRTUAL</b> 30	1.15pm <b>BODYBALANCE VIRTUAL</b> 30		
	2.00pm <b>BODYPUMP VIRTUAL</b> 55	2.30pm <b>BODYBALANCE VIRTUAL</b> 30	2.15pm <b>CXWORX VIRTUAL</b> 30	2.00pm <b>BODYBALANCE VIRTUAL</b> 55	2.00pm <b>SH'BAM VIRTUAL</b> 45		
3.00pm <b>CXWORX VIRTUAL</b> 30	3.15pm <b>SH'BAM VIRTUAL</b> 30	2.45pm <b>BODYCOMBAT VIRTUAL</b> 30	3.15pm <b>SH'BAM VIRTUAL</b> 30	3.15pm <b>BODYCOMBAT VIRTUAL</b> 55			
4.00pm <b>SH'BAM VIRTUAL</b> 45	4.00pm <b>BODYPUMP VIRTUAL</b> 30	3.30pm <b>BODYBALANCE VIRTUAL</b> 55		4.15pm <b>CXWORX VIRTUAL</b> 30			
PM				4.00pm <b>BODYPUMP VIRTUAL</b> 55			
	5.00pm <b>CXWORX</b> 30	5.00pm <b>PILATES</b> 1hr	5.00pm <b>GRIT™</b> 30		5.00pm <b>GRIT™</b> 30		
	5.30pm <b>RPM</b> 45	6.00pm <b>CXWORX</b> 30	5.30pm <b>BODYPUMP</b> 1hr	5.30pm <b>BODYSTEP</b> 45	5.30pm <b>BODYPUMP</b> 1hr		
	5.45pm <b>BODYATTACK</b> 45	6.30pm <b>BODYSTEP</b> 1hr	6.30pm <b>RPM</b> 45	5.30pm <b>sprint</b> 30	7.00pm <b>BODYCOMBAT VIRTUAL</b> 55		
	6.30pm <b>BODYPUMP</b> 1hr	6.30pm <b>sprint</b> 30	7.00pm <b>ZUMBA</b> 45	6.30pm <b>CXWORX</b> 30			
	7.30pm <b>BODYBALANCE</b> 1hr	7.30pm <b>YOGA</b> 1hr	8.00pm <b>BODYPUMP VIRTUAL</b> 30	7.00pm <b>BODYBALANCE</b> 1hr			



Fitness 24 Seven - Group X  
70 Elgin Street, Wodonga.  
Ph: 02 6024 7088

Fitness 24 Seven - Group X  
361 Urana Rd, Lavington.  
Ph: 02 6040 2377

Fitness 24 Seven - Express  
4-7 Thomas Mitchell Drive,  
Wodonga.  
Ph: 02 6024 7720