

fitness 24seven

2019 Timetable Albury

www.fitness24seven.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.15am BODYCOMBAT VIRTUAL 1hr	5.15am GRIT STRENGTH VIRTUAL 30	5.00am BODYPUMP VIRTUAL 45	5.15am CXWORX VIRTUAL 30	5.10am RPM VIRTUAL 45	6.00am GRIT STRENGTH VIRTUAL 30	6.15am sprint VIRTUAL 30
	6.15am sprint VIRTUAL 30	6.00am RPM VIRTUAL 45	6.00am GRIT CARDIO VIRTUAL 30	6.00am sprint VIRTUAL 30	6.00am BODYPUMP VIRTUAL 30	6.45am sprint VIRTUAL 30	7.00am CXWORX VIRTUAL 30
	7.00am CXWORX VIRTUAL 30	7.00am BODYBALANCE VIRTUAL 1hr	6.35am CXWORX VIRTUAL 30	6.45am GRIT STRENGTH VIRTUAL 30	6.35am GRIT CARDIO VIRTUAL 30	7.30am BODYCOMBAT VIRTUAL 30	8.00am RPM VIRTUAL 45
	7.45am GRIT STRENGTH VIRTUAL 30		7.15am BODYCOMBAT VIRTUAL 30	7.30am BODYPUMP VIRTUAL 30	7.30am BODYBALANCE VIRTUAL 30	8.15am BODYPUMP VIRTUAL 45	9.00am BODYPUMP VIRTUAL 30
		8.15am BODYPUMP VIRTUAL 1hr	8.15am GRIT STRENGTH VIRTUAL 30	8.30am BODYBALANCE VIRTUAL 30	8.15am sprint VIRTUAL 30	9.15am RPM VIRTUAL 45	10.00am LES MILLS GRIT PLYO 30
	9.30am BODYPUMP VIRTUAL 1hr	9.30am BODYBALANCE VIRTUAL 1hr	9.30am RPM VIRTUAL 45	9.30am GRIT STRENGTH VIRTUAL 30	9.30am BODYPUMP VIRTUAL 1hr	10.15am SH'BAM VIRTUAL 45	10.45am BODYBALANCE VIRTUAL 55
	10.45am BODYBALANCE VIRTUAL 1hr			10.15am CXWORX VIRTUAL 30	10.45am RPM VIRTUAL 45	11.15am BODYBALANCE VIRTUAL 55	
		10.45am BODYPUMP VIRTUAL 45	10.45am LES MILLS GRIT PLYO 30	11.15am sprint VIRTUAL 30	12.00pm CXWORX VIRTUAL 30		12.00pm sprint VIRTUAL 30
	12.15pm sprint VIRTUAL 30	11.40am CXWORX VIRTUAL 30	11.30am BODYBALANCE VIRTUAL 30		12.45pm sprint VIRTUAL 30		1.00pm GRIT STRENGTH VIRTUAL 30
	12.50pm CXWORX VIRTUAL 30	12.15pm GRIT CARDIO VIRTUAL 30	12.15pm BODYCOMBAT VIRTUAL 30	12.00pm BODYPUMP VIRTUAL 45	1.30pm GRIT CARDIO VIRTUAL 30	12.30pm BODYPUMP VIRTUAL 55	2.00pm BODYPUMP VIRTUAL 55
1.30pm BODYPUMP VIRTUAL 1hr	1.00pm BODYBALANCE VIRTUAL 30	1.00pm GRIT STRENGTH VIRTUAL 30	1.00pm RPM VIRTUAL 45	2.15pm BODYPUMP VIRTUAL 45	1.45pm BODYCOMBAT VIRTUAL 55	3.00pm CXWORX VIRTUAL 30	
	2.00pm BODYCOMBAT VIRTUAL 1hr	1.35pm RPM VIRTUAL 45	2.00pm SH'BAM VIRTUAL 45	3.15pm BODYBALANCE VIRTUAL 55		4.00pm BODYCOMBAT VIRTUAL 30	
3.00pm RPM VIRTUAL 45		2.45pm CXWORX VIRTUAL 30	3.15pm GRIT STRENGTH VIRTUAL 30	4.15pm BODYCOMBAT VIRTUAL 30	3.00pm GRIT STRENGTH VIRTUAL 30	4.40pm BODYPUMP VIRTUAL 30	
4.15pm CXWORX VIRTUAL 30	3.15pm BODYPUMP VIRTUAL 45	3.30pm BODYCOMBAT VIRTUAL 1hr	4.15pm sprint VIRTUAL 30	5.00pm GRIT CARDIO VIRTUAL 30	4.00pm CXWORX VIRTUAL 30	5.35pm RPM VIRTUAL 45	
	4.15pm GRIT STRENGTH VIRTUAL 30	4.30pm LES MILLS GRIT PLYO 30		5.35pm CXWORX VIRTUAL 30	4.45pm sprint VIRTUAL 30		
5.00pm BODYPUMP VIRTUAL 30	5.00pm sprint VIRTUAL 30		5.00pm CXWORX VIRTUAL 30	6.15pm sprint VIRTUAL 30	5.30pm BODYPUMP VIRTUAL 55	6.30pm BODYBALANCE VIRTUAL 55	
	5.35pm CXWORX VIRTUAL 30	5.15pm BODYCOMBAT VIRTUAL 30	5.35pm RPM VIRTUAL 45	7.00pm SH'BAM VIRTUAL 45	6.45pm SH'BAM VIRTUAL 45		
5.45pm sprint VIRTUAL 30		6.00pm BODYPUMP VIRTUAL 45	6.30pm GRIT STRENGTH VIRTUAL 30				
6.30pm GRIT STRENGTH VIRTUAL 30	6.15pm RPM VIRTUAL 45	7.00pm CXWORX VIRTUAL 30	7.15pm BODYBALANCE VIRTUAL 55				
7.15pm BODYBALANCE VIRTUAL 1hr	7.15pm BODYPUMP VIRTUAL 1hr	7.30pm sprint VIRTUAL 30					



* **VIRTUAL** Represents classes run by life-sized instructors projected onto the big screen. Dont forget to arrive a few minutes early for equipment setup.