

# fitness 24seven

## 2019 Timetable Lavington

www.fitness24seven.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.00am <b>BODYPUMP VIRTUAL</b> 55	5.15am <b>CXWORX VIRTUAL</b> 30	5.00am <b>BODYBALANCE VIRTUAL</b> 55	5.00am <b>BODYPUMP VIRTUAL</b> 55	5.15am <b>CXWORX VIRTUAL</b> 30		
	6.00am <b>RPM</b> 45	6.00am <b>BODYPUMP</b> 45	6.00am <b>sprint</b> 30	6.00am <b>BODYATTACK</b> 45	6.00am <b>RPM</b> 45	6.00am <b>BODYPUMP VIRTUAL</b> 55	6.00am <b>BODYCOMBAT VIRTUAL</b> 55
	6.00am <b>BODYBALANCE VIRTUAL</b> 55	7.00am <b>BODYCOMBAT VIRTUAL</b> 55	6.00am <b>BODYCOMBAT VIRTUAL</b> 55	7.00am <b>SH'BAM VIRTUAL</b> 30	6.00am <b>BODYBALANCE VIRTUAL</b> 55	7.00am <b>CXWORX VIRTUAL</b> 30	7.00am <b>SH'BAM VIRTUAL</b> 30
	7.15am <b>BODYPUMP VIRTUAL</b> 55	8.00am <b>SH'BAM VIRTUAL</b> 30	7.00am <b>BODYPUMP VIRTUAL</b> 55	7.30am <b>CXWORX VIRTUAL</b> 30	7.00am <b>BODYCOMBAT VIRTUAL</b> 55		8.00am <b>BODYBALANCE VIRTUAL</b> 55
	8.30am <b>SH'BAM VIRTUAL</b> 30	8.30am <b>CXWORX VIRTUAL</b> 30	8.00am <b>CXWORX VIRTUAL</b> 30	8.00am <b>BODYPUMP VIRTUAL</b> 55	8.15am <b>SH'BAM VIRTUAL</b> 45	8.15am <b>GRIT STRENGTH</b> 30	
		9.30am <b>BODYPUMP</b> 1hr	8.30am <b>BODYCOMBAT VIRTUAL</b> 1hr	9.30am BoxFit 45	9.30am <b>BODYPUMP</b> 1hr	9.00am <b>BODYSTEP</b> 1hr	9.30am <b>BODYPUMP</b> 1hr
	9.30am <b>BODYSTEP</b> 1hr	10.45am <b>RPM</b> 45	9.30am <b>BODYSTEP</b> 1hr	10.30am <b>BODYBALANCE VIRTUAL</b> 1hr	10.45am <b>BODYPUMP VIRTUAL</b> 1hr	9.15am <b>sprint</b> 30	10.30am Yoga 1hr
	10.30am <b>CXWORX</b> 30	10.45am <b>BODYCOMBAT VIRTUAL</b> 55	10.30 <b>BODYBALANCE VIRTUAL</b> 1hr			10.00am Pilates 1hr	
	11.15am <b>BODYPUMP VIRTUAL</b> 55	11.45am <b>BODYBALANCE VIRTUAL</b> 30		11.45am <b>BODYPUMP VIRTUAL</b> 55	12.00pm <b>BODYCOMBAT VIRTUAL</b> 55		
	12.30pm <b>SH'BAM VIRTUAL</b> 30	12.15pm <b>CXWORX VIRTUAL</b> 30	12.00pm <b>BODYPUMP VIRTUAL</b> 30	1.00pm <b>CXWORX VIRTUAL</b> 30	1.15pm <b>BODYBALANCE VIRTUAL</b> 30	11.15am <b>BODYCOMBAT VIRTUAL</b> 55	1.00pm <b>CXWORX VIRTUAL</b> 30
1.15pm <b>BODYCOMBAT VIRTUAL</b> 30	1.30pm <b>BODYPUMP VIRTUAL</b> 55	12.30pm <b>BODYCOMBAT VIRTUAL</b> 30	1.30pm <b>BODYCOMBAT VIRTUAL</b> 30	2.00pm <b>SH'BAM VIRTUAL</b> 45	1.00pm <b>BODYPUMP VIRTUAL</b> 30	2.00pm <b>BODYCOMBAT VIRTUAL</b> 55	
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	3.15pm <b>BODYCOMBAT VIRTUAL</b> 55	1.30pm <b>SH'BAM VIRTUAL</b> 30	3.00pm <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	4.15pm <b>CXWORX VIRTUAL</b> 30	2.30pm <b>BODYPUMP VIRTUAL</b> 55	4.00pm <b>CXWORX VIRTUAL</b> 30	
4.00pm <b>SH'BAM VIRTUAL</b> 45	4.00pm <b>BODYPUMP VIRTUAL</b> 30	3.30pm <b>BODYBALANCE VIRTUAL</b> 55	4.00pm <b>BODYPUMP VIRTUAL</b> 55		3.30pm <b>CXWORX VIRTUAL</b> 30	4.30pm <b>BODYPUMP VIRTUAL</b> 55	
5.00pm <b>CXWORX</b> 30	5.00pm Pilates 1hr				4.00pm <b>BODYBALANCE VIRTUAL</b> 55		
5.30pm <b>RPM</b> 45	6.00pm <b>CXWORX</b> 30	5.00pm <b>GRIT STRENGTH</b> 30	5.30pm <b>BODYSTEP</b> 45	5.30pm <b>BODYPUMP</b> 1hr	5.30pm <b>SH'BAM VIRTUAL</b> 30	5.30pm <b>BODYBALANCE VIRTUAL</b> 30	
5.45pm <b>BODYATTACK</b> 45	6.30pm <b>BODYSTEP</b> 1hr	5.30pm <b>BODYPUMP</b> 1hr	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	6.30pm <b>RPM</b> 45	6.30pm <b>CXWORX</b> 30				
7.30pm <b>BODYBALANCE VIRTUAL</b> 1hr	7.30pm Yoga 1hr	7.00pm <b>ZUMBA</b> 45	7.00pm <b>BODYBALANCE VIRTUAL</b> 1hr				
8.45pm <b>CXWORX VIRTUAL</b> 30	8.45pm <b>BODYPUMP VIRTUAL</b> 30	8.00pm <b>BODYCOMBAT VIRTUAL</b> 55	8.15pm <b>BODYPUMP VIRTUAL</b> 55				

\*NB: Classes may change without notice.

Email: [info@fitness24seven.com.au](mailto:info@fitness24seven.com.au)

**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

**Staffed Hours:**  
Mon-Thurs 6.00am to 8.30pm  
Friday 6.00am to 8.00pm  
Sat & Sun 8.00am to 12.00pm

**LES MILLS**

**LES MILLS VIRTUAL**

**ZUMBA fitness**

