

# Group Exercise Timetable

## MONDAY



5:30am  
Boxing



6:30pm  
Yoga

## TUESDAY



5:30am  
Spin

## WEDNESDAY



7:00pm  
Session X  
Cross Training

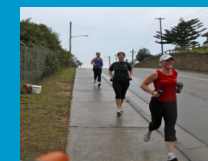
## THURSDAY



5:30am  
Boxing

## FRIDAY

## SATURDAY



7:00am  
Running &  
Walking Club  
(Cronulla)



9:00am  
Pilates