

TOWNSVILLE GYMS - PLATINUM FITNESS TIMETABLE 15 FEBRUARY 2012

MUSCLE AND FITNESS GYM HYDE PARK

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		SPIN		SPIN			
9.30am	BARBELL	SPIN	X-Trainer	BODYBALANCE	CIRCUIT		
5.30pm		BARBELL	BODYBALANCE	ZUMBA			
6:00pm	SPIN		SPIN				

MUSCLE AND FITNESS GYM KIRWAN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	CIRCUIT		BARBELL		CIRCUIT		
9.30am	STEP	Lite & Low Shape	X-Trainer	Lite & Low Shape	BODYATTACK	Barbell	
10.45am	Steady Moves		BODYBALANCE		Steady Moves	10.30AM ZUMBA	
4:30pm	X-Trainer		BOOT CAMP			BODYBALANCE	
5.30pm	Barbell	BODYATTACK	Barbell	STEP	FIGHTING FIT		
6:30pm	CIRCUIT	Fighting Fit	CIRCUIT	Fighting Fit			

DOMAIN CENTRAL FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	BODYPUMP	BODYATTACK	BODYPUMP	Fighting Fit	BODYPUMP		
6:15am		SPIN	RPM	RPM	RPM		
7:00am						Fighting Fit	
8:30am						BODYPUMP	
8:30am						RPM- EXTREME	
8:50am	CORE Blaster 30 MINS	BODYPUMP 30 MINS	BODYATTACK 30 MINS	RPM 35 MINS			
9.30am	BODYATTACK	Energise & Shape	BODYPUMP	X-Trainer	BODYBALANCE	BODYATTACK	BODYPUMP
10:40am	BODYBALANCE						
4:00pm	BODYPUMP	ZUMBA	STEP	KID'S BOOTCAMP			BODYBALANCE
5.30pm	BODYATTACK	Fighting Fit	BODYPUMP	BODYATTACK	BODYBALANCE		
5:30pm	RPM	RPM	RPM	SPIN	RPM		
6:25pm	RPM - extreme	Super Spin					
6:30PM	BODYPUMP	BODYATTACK 45mins	BODYBALANCE	BODYPUMP			
7:15PM		BODYBALANCE					

Please note all classes/instructors can be subject to change. **zumba - \$12 non-members pay Annie direct