

GROUP FITNESS TIMETABLE

	Mon	Tue	Wed	Thu	Fri	Sat
5:30AM	Lift 45 mins	Go! 45 mins		Abs n Booty 45 mins	Lift 45 mins	
7:00AM						Conquer 45 mins
9:00AM	Go! 45 mins	Lift 60 mins	Abs n Booty 45mins	Lift 60 mins	Hustle 45 mins	Abs n Booty 45 mins
10:00AM				Yoga Awaken Studio 45 mins		Pilates Awaken Studio 45 mins
4:30PM		Boxing 45 mins				
5:30PM	Abs n Booty 30 mins	Go! 5.30pm 30 mins	Lift 45 mins	Hustle 45 mins		
6:15PM	Pilates Awaken Studio 45 mins		Pilates Awaken Studio 45 mins			
6:30PM	Boxing 45 mins		Muay Thai 45 mins			

Bookings required through the App
 Search Powerplay Health & Fitness in the App Store
 Casual rates - \$15 per class/session

Bookings required for Crèche
 Casual bookings available
 \$5 for 60 mins
 \$7.50 for 90 mins

STAFFED HOURS

MON - FRI	8.30AM - 11.30AM
MON - THURS	4:00PM - 7:00PM
SATURDAY	8AM - 11AM

CRECHE

MON/TUE/THRU	8:30AM - 11:30AM
WEDS/FRI	8:00AM - 11:30AM
TUES	4:30PM - 7:00PM
THURS	4:00PM - 7:00PM
SATURDAY	8AM - 11AM



POWERPLAY
HEALTH & FITNESS