

CLASSES THAT NEED YOUR HELP.

STUDIO I:

Monday

- 7.45pm — CXWorx

Tuesday

- 8.50am — CXWorx
- 9.25am — BodyCombat
- 10.35am — BodyPump 45

CYCLE:

Wednesday

- 6am — Cycle

Thursday

- 9.30am — Cycle

Friday

- 6am — Sprint

Sunday

- 8.15am — RPM

REFORMER:

Tuesday

- 9.30am — Fundamentals

Thursday

- 7pm — Reformer

TRAINING ZONE:

Tuesday

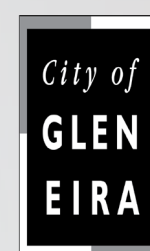
- 9.30am — TRX

Wednesday

- 9.30am — Strength and Conditioning
- 6.45pm — Strength and Conditioning

Sunday

- 8.30am — Strength and Conditioning
- 9.30am — HITT



GLEN EIRA
CITY COUNCIL