

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP FITNESS [LOCATION: UPSTAIRS GROUP FITNESS ROOM]							
05.45		Body Pump Phil					
08:30						Body Pump Phil	
09:00		CX Worx Lee-anne 30min		CX Worx Renae 30min			
09:30	Body Pump Bec	Body Attack Donna	Body Combat Bec	Body Step Renae	Body Pump Nicole A	Barre Nicole	
10:30	Body Combat Bec	Body Balance Lee-anne	Yoga Alana		Barre Nicole	Body Balance Nicole A	
16.30							
17:30	Yoga Zeke	Body Pump Roger	Belly/Butt Allison	Body Pump Roger			
18:30	Zumba Donna	Barre Nicole	Body Attack Donna	Yoga Alana			
CYCLE FITNESS 45min [LOCATION: UPSTAIRS RPM ROOM]							
05.45	RPM Phil			RPM Phil			
07.45						Cycle Petra	
09:00 09:30	9.30 Cycle Petra		9.00 Cycle30 Allison				
18:00		RPM Phil					

	MON	TUE	WED	THU	FRI	SAT	SUN
CrossTraining/Box/Mobility [LOCATION: FRONT OUTDOOR RIG/FUNCTIONAL ROOM]							
05.45					Cross Training Nathan		
08.30							
09:30	Cross Training Sam		Cross Training Petra	Cross Training Nathan			
10:30			Mobility30 Petra				
18:00				Cross Training Sam			
18:30	Cross Training Zeke						
18:45		BOXX45 Phil					
MASH BOOTCAMP (Location: onsite at Millennium Health Club)							
07:00						MASH Nathan	
18:30			MASH Nathan				
H.I.I.T [LOCATION: GROUP FITNESS/FUNCTIONAL ROOM] - 45 min classes							
05.45			H.I.I.T Phil				
9:30		H.I.I.T Nathan				H.I.I.T Phil	
17:30		H.I.I.T Sam					

ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE STATED

SENIOR TRAINING							
	MON	TUE	WED	THU	FRI	SAT	SUN
07:30	Senior Strength Petra		Senior Strength Petra				
08:30	Active Over 50's Sam		Active Over 50's Bec		Active Over 50's Nicole		

CLUB OPEN HOURS		
	OPEN	CLOSE
MONDAY	05:30	21:00
TUESDAY	05:30	21:00
WEDNESDAY	05:30	21:00
THURSDAY	05:30	21:00
FRIDAY	05:30	20:00
SATURDAY	06:00	16:00
SUNDAY	08:00	13:00

MINI MILLS OPEN HOURS				
	MORNING		EVENING	
	OPEN	CLOSE	OPEN	CLOSE
MONDAY	08:30	12:00	16:15	19:30
TUESDAY	08:30	12:00	16:15	19:30
WEDNESDAY	08:30	12:00	16:15	19:30
THURSDAY	08:30	12:00	16:15	19:30
FRIDAY	08:30	12:00		
SATURDAY	08:15	12:00		
SUNDAY				