

LIFESTYLE
RACEVIEW
 24/7 HEALTH CLUB

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	POWER SCULPT	FIT FUSION	STRONG	BOX & BURN	CORE & CONDITION	
7:15AM						FIT FUSION
9:30AM	FIT FUSION	POWER SCULPT	TOTAL BODY LOW IMPACT	BLAST	STRONG	MIND & BODY
10:30AM		MAT PILATES	YIN YOGA			
5:00 PM	STRONG	BOX & BURN	POWER SCULPT	RIDE	KIDS ZONE HOURS \$8 PER CHILD PER VISIT \$70 - 10 VISIT PASS \$130 - 20 VISIT PASS MON-FRI 8:45AM - 11:15AM MON-THURS 3:30PM - 6PM SAT 7:45AM - 10:30AM	
6:00PM	MIND & BODY	YIN YOGA				

GROUP FITNESS TIMETABLE