

STAFFED HOURS

 Monday – Thursday 5am–8pm; Friday 5am–7pm;
 Saturday 7am–3pm; Sunday 8am–3pm

GROUP FITNESS TIMETABLE
EFFECTIVE 9 OCTOBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 am	FITBOX						
5.30 am		SPIN 35			SPIN 35		
5.30 am	HOT YOGA	HOT PILATES	HOT YOGA	HOT PILATES			
6.00am				SWIM SQUAD			
6.15 am					YOGA		
7.30 am						SPIN 45	
7.30 am						HOT YOGA	
7.45 am						LES MILLS BODYSTEP™	
8.00 am			AQUA				
8.15 am							SPIN 45
8.30 am	LES MILLS BODYPUMP™	MAT PILATES	LES MILLS BODYSTEP™	LES MILLS BODYCOMBAT™	LES MILLS BODYPUMP™	AQUA	LES MILLS BODYCOMBAT™
8.30 am							HOT YOGA
8.45 am						VINYASA YOGA	
9.00 am		METFIT	BARRE	SPIN 45	BARRE	LES MILLS BODYPUMP™	
9.00 am	AQUA			AQUA	AQUA		AQUA HIIT
9.30 am	VINYASA YOGA	VINYASA YOGA	SPIN 45		SPIN 45		LES MILLS BODYPUMP™
9.30 am	SPIN 35	AQUA					
9.30 am	LES MILLS BODYCOMBAT™	LES MILLS BODYSTEP™	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™	LES MILLS BODYCOMBAT™		
10.10 am					STRETCH	LES MILLS BODYBALANCE™	
10.15 am						SWIM SQUAD	
10.30 am	YIN YOGA	STRETCH	HOT YOGA	YIN YOGA			
10.40am							LES MILLS BODYBALANCE™

5.30 pm		HOT YOGA	SPIN 35	HOT YOGA	YIN YOGA		
5.30 pm	METAFIT™	CORE	LES MILLS BODYPUMP™				
6.00 pm	LES MILLS BODYPUMP™	LES MILLS BODYSTEP™		FITBOX			
6.00 pm	SPIN 35						
6.00 pm	AQUA HIIT	AQUA HIIT	AQUA				
6.15 pm			MAT PILATES				
6.15 pm			FITBOX				
7.00 pm	YOGA	ZUMBA		ZUMBA			

KEY

Group X	Mind Body	Spin Studio	Pool
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Jindalee Fitness 24/7 225 Sinnamon Road, Jindalee QLD 4074

Call: 3713 3999, Email: yourclub@jf247.com.au Web: jindaleefitness247.com.au

 Jindalee Fitness 24/7

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