

STAFFED HOURS

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

GROUP FITNESS TIMETABLE

EFFECTIVE 20 APRIL 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 am	FITBOX			JFITX			
5.30 am		SPIN 35	METAFIT		SPIN 35		
5.30 am	HOT YOGA	HOT PILATES	HOT YOGA	HOT PILATES			
6.15 am					YOGA		
7.30 am						SPIN 45	
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™
9.00 am				SPIN 45	BARRE	LES MILLS BODYPUMP™	HOT YOGA
9.00 am	AQUA			AQUA	AQUA	VINYASA YOGA	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			

5.15 pm	METAFIT™	CORE	LES MILLS BODYPUMP™				
5.30 pm		HOT YOGA	SPIN 35	HOT YOGA	YIN YOGA		
6.00 pm	LES MILLS BODYPUMP™	LES MILLS BODYSTEP™					
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

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