

2019 GRAND PRIX: MSAC GROUP FITNESS TIMETABLE

TUESDAY
12 MARCH

WEDNESDAY
13 MARCH

THURSDAY
14 MARCH

FRIDAY
15 MARCH

SATURDAY
16 MARCH

SUNDAY
17 MARCH

MONDAY
18 MARCH

MORNING CLASSES

6.15				BODYPUMP™			BODYPUMP™
	CYCLE 45 mins		CYCLE 45 mins				CYCLE 45 mins
	PILATES REFORMER FOUNDATION	PILATES MAT MOVES	PILATES REFORMER FOUNDATION				PILATES REFORMER FOUNDATION
	SMALL GROUP TRAINING 45 mins		SMALL GROUP TRAINING 45 mins				SMALL GROUP TRAINING 45 mins
7.15				SMALL GROUP TRAINING 45 mins			
7.45					ASHTANGA BASED FLOW 85 mins		
8.00					BODYPUMP™		
8.15					CYCLE 45 mins		
					PILATES REFORMER ADVANCED		
9.20	CYCLE 45 mins	CYCLE 30 mins	CYCLE 45 mins	CYCLE 30 mins			CYCLE 45 mins
	PILATES REFORMER FOUNDATION	PILATES REFORMER ADVANCED	PILATES REFORMER ADVANCED	PILATES REFORMER ADVANCED		PILATES REFORMER ADVANCED	PILATES REFORMER INTRO
		SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins	PILATES MAT MOVES		BOXING
	YOGA VINYASA	HOT YOGA		RESTORE YOGA	HOT YOGA	HOT YOGA	TRX
	BODYPUMP™				BODYPUMP™		
10.05		ABS 30 mins					
10.35		PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER INTRO	PILATES REFORMER ADVANCED		
	HOT YOGA	ASHTANGA BASED FLOW 85 mins	RESTORE YOGA	HOT YOGA	YOGA VINYASA		HOT YOGA
	CORE & STRETCH	SMALL GROUP TRAINING 45 mins		PILATES MAT MOVES	SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins	CORE & STRETCH
	ZUMBA	CYCLE		ZUMBA			

LUNCH-TIME CLASSES

12.00	PILATES REFORMER WYSER	WYSER 50+					WYSER 50+
	SMALL GROUP TRAINING 45 mins		PILATES REFORMER WYSER	PILATES REFORMER WYSER			

EVENING CLASSES

5.30	SMALL GROUP TRAINING 45 mins		SMALL GROUP TRAINING 45 mins				
5.45							SMALL GROUP TRAINING 45 mins
6.00	BODYPUMP™		BODYPUMP™				PILATES REFORMER FOUNDATION
		HOT YOGA	POWER YOGA 85 mins				
6.30	CYCLE 45 mins	SMALL GROUP TRAINING 45 mins	CYCLE 45 mins				CYCLE 45 mins
	TRX	TRX					
	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION				
	YOGA VINYASA						HOT YOGA
7.00			HOT YOGA				

 CLASSES HELD IN FITNESS CENTRE

 SMALL GROUP TRAINING Classes held in Fitness Centre

 CLASSES HELD IN WELLNESS ZONE

 CLASSES HELD OUTSIDE Meet outside MSAC main entrance

All classes run for 55 minutes unless otherwise stated. Please ensure you arrive 5 minutes before the class begins. For safety, no entry after warm up. Membership wristbands must be worn in all classes to identify you as an active member. No entry if wristbands are not worn. If you have any questions or feedback regarding group fitness, please email membershipservices@ssct.com.au