

MSAC GROUP FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15AM	BODY PUMP	BOXING	BODY PUMP	HIIT			
			CYCLE		CYCLE		
7.15AM	CYCLE	HIIT		BOXING			
8.00AM						HIIT	
						CYCLE	
8.15AM			CYCLE				
9.00AM						CYCLE	
9.15AM	HIIT		ABS & CORE	BODY PUMP	HIIT	BODY PUMP	
	CYCLE	CYCLE		CYCLE	CYCLE		
9.30AM							
10.00AM						CYCLE	
10.15AM			ZUMBA			ZUMBA	
10.30AM		HIIT		HIIT			
11.45AM							
1.00PM							
5.30PM	BOXING		BOXING	ABS & CORE			
6.00PM	CYCLE		CYCLE				
6.30PM	HIIT	BODY PUMP	HIIT	BODY PUMP			
		CYCLE		CYCLE			

To book, please visit melbournesportscentres.com.au

Timetable subject to change without notice. Please visit our website for live and up to date session times.

For membership enquiries, please email members@melbournesportscentres.com.au