

MSAC GROUP FITNESS CHRISTMAS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00AM	BODY PUMP	HIIT	BODY PUMP	HIIT			
6.30AM	REFORMER PILATES			REFORMER PILATES	MAT PILATES		
7.15AM	CYCLE		MAT PILATES	VINYASA YOGA	CYCLE		
	HOT YOGA				HOT YOGA		
8.00AM	REFORMER PILATES					MAT PILATES *****	
8.15AM			CYCLE				REFORMER PILATES <small>No class 26th Dec</small>
9.15AM	CYCLE	CYCLE	ABS & CORE	CYCLE	CYCLE	CYCLE	CYCLE <small>No class 26th Dec</small>
	RESTORE YOGA	REFORMER PILATES	HOT YOGA	REFORMER PILATES		HOT YOGA <small>1st & 8th Jan only</small>	
			REFORMER PILATES			MAT PILATES <small>1st & 8th Jan only</small>	
9.30AM		BODY PUMP					
10.15AM	ABS & CORE					CYCLE <small>1st Jan only</small>	VINYASA YOGA <small>No class 26th Dec</small>
						BODYPUMP <small>1st Jan only</small>	
10.30AM	REFORMER PILATES	REFORMER PILATES <small>28th & 30th Dec only</small>		REFORMER PILATES <small>28th & 30th Dec only</small>	REFORMER PILATES	REFORMER PILATES <small>1st & 8th Jan only</small>	
	RESTORE YOGA <small>4th & 11th Jan only</small>						
11.45AM		WYSER MAT <small>4th & 11th Jan only</small>					
1.00PM	WYSER C & W			WYSER REFORMER	WYSER REFORMER <small>7th & 14th Jan only</small>		
5.30PM	BOXING		HIIT	ABS & CORE			
6.00PM	CYCLE	BODY PUMP	CYCLE				
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6.15PM	YIN YOGA	CYCLE	YIN YOGA	VINYASA YOGA			

Classes that fall outside of our Christmas opening hours will be cancelled.

Timetable subject to change. Please refer to our client portal for live and up to date session times.

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