

TEMPORARY TIMETABLE MON 23 - SUN 29 MARCH

Can't make it to the gym?

Join our private Facebook group  **SKY LIVE + VIRTUAL** to stream classes from home + get access to daily workouts planned by the Sky Team!

TIME	MON	TUE	WED	THU	FRI
MORNING					
5:10AM		Hiit 45 ZONE		GRIT STRENGTH 30 Mins - Lloyd	
5:25AM	GRIT STRENGTH 30 Mins - Lloyd		GRIT HYBRID 30 Mins - Mandy		GRIT STRENGTH 30 Mins - Jayne
6:00AM	BODYPUMP 45 Mins - Sarah	BODYATTACK 45 Mins - Kate E / Jess	BODYCOMBAT 45 Mins - Chany	Hiit 45 ZONE	BODYPUMP 45 Mins - Sarah
6:00AM	SPRINT 30 Mins - Sam CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO		RPM EXPRESS 30 Mins - Sam CYCLE STUDIO	SPRINT 30 Mins - Lloyd CYCLE STUDIO
9:15AM	BODYPUMP 60 Mins - Alana	SKY STEP 60 Mins - Mandy	BODYPUMP 60 Mins - Kate Y	Hiit 45 ZONE	GRIT HYBRID 30 Mins - Kate Y
9:30AM		RPM 45 Mins - Maria CYCLE STUDIO			RPM 45 Mins - Maria CYCLE STUDIO
9:45AM					BODYATTACK 30 Mins - Kate Y
10.45AM	Hiit 45 ZONE	BODYPUMP 30 Mins - Sarah	BODY 360 CIRCUIT 60 Mins - Georgia	BODYCOMBAT 30 Mins - Mandy	BODYPUMP 30 Mins - Cherry
11.15AM		BODYBALANCE 45 Mins - Sarah		BODYPUMP 30 Mins - Sarah / Alana	BODYBALANCE 60 Mins - Sarah
AFTERNOON / EVENING					
4.45PM	Hiit 30 ZONE	BODY 360 CIRCUIT 30 Mins - Tamekia	GRIT STRENGTH 30 Mins - Mandy	Hiit 30 ZONE	
5.30PM	BODYCOMBAT 60 Mins - Mandy/Chrissy	BODYPUMP 45 Mins - Alana	SKY STEP 30 Mins - Heidi	BODYPUMP 30 Mins - Kate Y	
5.30PM					BODY 360 CIRCUIT OR Hiit 45 ZONE
6.00PM	SPRINT 30 Mins - Chany STUDIO 2	PILATES 45 Mins - Sarah STUDIO 3	BODYATTACK 30 Mins - Kate Y	CORE 30 Mins - Chany	
6.00PM	BODYBALANCE 45 Mins - Balance Team STUDIO 3		SPRINT 30 Mins - Sam		
6.35PM			BODYPUMP 30 Mins - Kate Y		
6.40PM	BODYPUMP 45 Mins - Cherry	Hiit 30 ZONE		BODYCOMBAT 45 Mins - Sally	
7.20PM		JH BAM 45 Mins - Deb / Rach	Hiit 30 ZONE		
7.30PM	JH BAM 30 Mins - Deb				

TIME	SAT	SUN
MORNING		
7.05AM	Hiit 45 ZONE	
7.45AM		GRIT HYBRID 30 Mins - Kate Y
8.00AM	BODYATTACK 45 Mins - Jess & Molly	
8.30AM		BODYPUMP 45 Mins - Kate Y or Alana
9.00AM	BODYPUMP 60 Mins - Alana or Kate Y	
9.00AM	CORE 30 Mins - Jess STUDIO 3	
9.25AM		RPM 45 Mins - Maria CYCLE STUDIO
9.25AM		BODYBALANCE 60 Mins - Balance Team
11.00AM		Hiit 30 ZONE

A FEW THINGS TO NOTE:

1. MAKE SURE YOU HAVE A TOWEL & WATER
2. ARRIVE 5 MINS PRIOR TO CLASS & LINE UP OUTSIDE THE STUDIO DOOR
3. IF YOU ARE PREGNANT OR INJURED OR NEED TO LEAVE EARLY PLEASE LET YOUR INSTRUCTOR KNOW
4. ONCE CLASS HAS STARTED PLEASE DO NOT ENTER THE STUDIO
5. AT THE START AND END OF CLASS PLEASE SANISITES ANY EQUIPMENT USED



Keep an eye out on Instagram & Facebook for any changes to classes

T: 5174 2111

