



AUGUST 2020 TIMETABLE

Can't make it to the gym?

Join our private Facebook group **SKY LIVE + VIRTUAL** to stream LIVE classes to you any place anytime!

TIME	MON	TUE	WED	THU	FRI
MORNING					
5:15AM	GRIT STRENGTH 30 Mins - Lloyd	Hiit 30 ZONE 30 Mins - Joel	GRIT HYBRID 30 Mins - Jayne	Hiit 30 ZONE 30 Mins - Erin or Chrissy	GRIT STRENGTH 30 Mins - Jayne
6:00AM	BODYPUMP 45 Mins - Sarah	BODYATTACK 45 Mins - Kate W/Jess	Hiit 30 ZONE 30 Mins - Tamekia	BODYCOMBAT 45 Mins - Chrissy	BODYPUMP 45 Mins - Sarah
6:00AM	SPRINT 30 Mins - Chany CYCLE STUDIO		SPRINT 30 Mins - Sam CYCLE STUDIO		SPRINT 30 Mins - Lloyd CYCLE STUDIO
7:00AM	BODYPUMP 30 Mins - Sarah	CORE 30 Mins - Jess	BODYPUMP 30 Mins - Chrissy	BODYATTACK 30 Mins - Kate W	BODYPUMP 30 Mins - Sam
9:15AM	BODYPUMP 45 Mins - Alana	SKY STEP 45 Mins - Sam	BODYPUMP 45 Mins - Kate Y	Hiit 30 ZONE 30 Mins - Alana	BODYATTACK 45 Mins - Kate Y
9:30AM		RPM 45 Mins - Maria CYCLE STUDIO			RPM 45 Mins - Maria CYCLE STUDIO
10:30AM	Hiit 30 ZONE 30 Mins - Joel	BODYBALANCE 45 Mins - Sarah	BODYCOMBAT 45 Mins - Chany	BODYPUMP 45 Mins - Sarah	SKY STEP 45 Mins - Heidi
12 NOON	Hiit 30 ZONE 30 Mins - Alana	BODYPUMP 45 Mins - Alana		SPRINT 30 Mins - Sam	
AFTERNOON / EVENING					
4.30PM	Hiit 30 ZONE 30 Mins - Kate Y	BOOTY BANDS 30 Mins - Tamekia	CORE 30 Mins - Molly	SENIOR POWER 30 Mins - Chany STUDIO 3	
5.15PM	BODYPUMP 30 Mins - Kate Y	Hiit 30 ZONE 30 Mins - Alana/Kate/Tamekia	BODYATTACK 30 Mins - Kate Y	BODYPUMP 30 Mins - Sarah	Hiit 30 ZONE 30 Mins - Tamekia
5.30PM	PILATES 45 Mins - Cyndi STUDIO 3				
6.00PM	BODYCOMBAT 45 Mins - Sally	BODYPUMP 45 Mins - Sam	BODYPUMP 45 Mins - Kate Y	CORE 30 Mins - Chany	
6.00PM	RPM 45 Mins - Sam CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO	SPRINT 30 Mins - Sam CYCLE STUDIO	BODYBALANCE 45 Mins - Sarah STUDIO 3	
7.00PM	BODYBALANCE 45 Mins - Chany	SH'BAM 45 Mins - Sam/Rach	Hiit 30 ZONE 30 Mins - Melinda	YOGA 45 Mins - Kim STUDIO 3	

TIME	SAT	SUN
MORNING		
7.10AM	Hiit 30 ZONE 30 Mins - Erin or Chrissy	
7.45AM		GRIT HYBRID 30 Mins - Jayne / Kate
8.00AM	BODYATTACK 45 Mins - Jess/Molly	
8.30AM		BODYPUMP 45 Mins - Kate Y or Sam
9.00AM	BODYPUMP 45 Mins - Alana or Kate Y	
9.25AM		BODYBALANCE 45 Mins - BALANCE TEAM
9.25AM		RPM 45 Mins - Maria CYCLE STUDIO
10.00AM	PILATES 45 Mins - Cyndi	
10.45AM		Hiit 30 ZONE 30 Mins - Melinda

LIVE CLASSES STREAMED =

A FEW THINGS TO NOTE:

1. BOOK ALL CLASSES VIA THE SKY FITNESS APP. CLASSES CAN BE BOOKED 3 DAYS IN ADVANCE. APP STORE SEARCH: SKY FITNESS TRARALGON
2. MAKE SURE YOU HAVE A TOWEL, WATER & MAT
3. ARRIVE 5 MINS PRIOR TO CLASS & LINE UP OUTSIDE THE STUDIO DOOR
4. IF YOU ARE PREGNANT, INJURED OR LEAVING EARLY PLEASE LET YOUR INSTRUCTOR KNOW
5. DO NOT ENTER THE STUDIO ONCE CLASS HAS STARTED
6. AT THE START AND END OF CLASS PLEASE SANITISE ANY EQUIPMENT USED



Keep an eye out on Instagram & Facebook for POP-UP CLASSES!



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