



SKY WINTER 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 - Tamekia	GRIT HYBRID 30 Mins - Jayne	STRENGTH 45 Mins - Erin	GRIT STRENGTH 30 Mins - Jayne
6:00AM	BODYPUMP 45 Mins - Sarah	BODYATTACK 45 Mins - Kate W	BODYCOMBAT 45 Mins - Erin	6.10AM Hiit 30 ZONE 30 Mins - Erin	BODYPUMP 45 Mins - Sarah
6:00AM	SPRINT 30 Mins - Chany CYCLE STUDIO	RPM 45 Mins - Chrissy CYCLE STUDIO	SPRINT 30 Mins - Lloyd CYCLE STUDIO		SPRINT 30 Mins - Lloyd CYCLE STUDIO
7:00AM	BODYBALANCE 30 Mins - Chany	CORE 30 Mins - Jess	BODYPUMP 30 Mins - Chrissy	BODYPUMP 30 Mins - Kate W	
9.05AM	BODYPUMP 45 Mins - Alana	STEP + CORE 30 / 15 mins - Cherry	BODYPUMP 45 Mins - Kate Y	Hiit 30 ZONE 30 Mins - Sarah	BODYATTACK 45 Mins - Kate Y
9.30AM		10.00AM RPM 45 Mins - Maria CYCLE STUDIO			RPM 45 Mins - Maria CYCLE STUDIO
10.05AM	Hiit 30 ZONE 30 Mins - Sarah or Joel	BODYPUMP 45 Mins - Sarah	COMBAT/CORE 30 / 15 Mins - Chany	BODYPUMP 45 Mins - Alana	STRADIO HALF STRENGTH / HALF CARDIO 45 Mins - Kate Y
11.05AM		BODYBALANCE 45 Mins - Sarah			
AFTERNOON / EVENING					
4.30PM		SENIOR POWER 30 Mins - Chany STUDIO 3		SENIOR POWER 30 Mins - Chany STUDIO 3	
4.30PM	Hiit 30 ZONE 30 Mins - Kate Y	STRENGTH 30 Mins - Erin	GRIT OR Hiit 30 ZONE 30 Mins - TEAM		
5.15PM	BODYPUMP 30 Mins - Kate Y	Hiit 30 ZONE 30 Mins - Chany	BODYATTACK 30 Mins - Kate Y	BODYPUMP 30 Mins - Sarah	Hiit 30 ZONE 30 Mins - HIIT TEAM or Jack
5.30PM		BOOTY BANDS 30 Mins - Sarah STUDIO 3	YOGA 45 Mins - Kim STUDIO 3		
6.00PM	BODYCOMBAT 45 Mins - Sally	BODYPUMP 45 Mins - PUMP TEAM	STRADIO HALF STRENGTH / HALF CARDIO 45 Mins - Kate Y	CORE 30 Mins - Chany	BODYPUMP 30 Mins - PUMP TEAM
6.00PM	RPM 45 Mins - Traci CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO	SPRINT 30 Mins - Charlotte CYCLE STUDIO	BODYBALANCE 45 Mins - Sarah STUDIO 3	
6.00PM	PILATES 45 Mins - Cyndi STUDIO 3				
7.00PM	BODYBALANCE 45 Mins - Dallas	JH/BAM or DANCE 45 Mins	BODYCOMBAT 45 Mins - Sally	6.35PM BODYATTACK 45 Mins - Jess	

TIME	SAT	SUN
MORNING		
7.15AM	Hiit 30 ZONE 30 Mins - Erin	
7.45AM		GRIT HYBRID 30 Mins - Kate
8.00AM	BODYATTACK 45 Mins - Jess	
8.30AM		BODYPUMP 45 Mins - Kate Y
9.00AM	BODYPUMP 45 Mins - Alana	PILATES 45 Mins - Cyndi STUDIO 3
9.00AM	CORE 30 Mins - Jess STUDIO 3	
9.25AM		BODYBALANCE 45 Mins - Dallas / TEAM
9.25AM		RPM 45 Mins - Maria CYCLE STUDIO
	10AM SKY STEP 45 Mins - Heidi or Cherry	11AM Hiit 30 ZONE 30 Mins - HIIT TEAM

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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