



2023 | CLASS 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
EARLY MORNING					
5:15AM	GRIT 30 Mins - Tim	Hiit 30 ZONE 30 Mins - Erin	GRIT 30 Mins - Jayne	STRENGTH 30 Mins - Erin	GRIT 30 Mins - Jayne
5:20AM			SPRINT 30 Mins - Erin CYCLE STUDIO		
6:00AM	BODYPUMP 45 Mins - Sarah	BODYATTACK 45 Mins - Jess	BODYCOMBAT 45 Mins - Chany	6.10AM Hiit 30 ZONE 30 Mins - Erin	BODYPUMP 45 Mins - Sarah
6:00AM	SPRINT 30 Mins - Erin CYCLE STUDIO	SPRINT 30 Mins - Erin CYCLE STUDIO	SPRINT 30 Mins - Erin CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO
6:45AM		CORE 30 Mins - Jess			
MID MORNING					
9.10AM	BODYPUMP 45 Mins - Sarah	STEP 45 mins - Cherry or Heidi	BODYPUMP 45 Mins - Kate Y	Hiit 30 ZONE 30 Mins - Sarah	BODYATTACK 45 Mins - Kate Y
9.20AM					SPRINT 30 mins - Matt CYCLE STUDIO
10.10AM	Hiit 30 ZONE 30 Mins - Sarah	BODYBALANCE 45 Mins - Sarah / Elisha	BODYCOMBAT 45 Mins - Chany & Leah	BODYPUMP 30 Mins - Sarah	STRADIO HALF STRENGTH / HALF CARDIO 45 Mins - Kate Y
10.10AM		CYCLE 45 Mins - Cherry CYCLE STUDIO		10.40AM STEP 30 Mins - Cherry or Heidi	
11.10AM		BODYPUMP 30 Mins - Sarah			
AFTERNOON / EVENING					
4.45PM	Hiit 30 ZONE 30 Mins - Kate Y		Hiit 30 ZONE 30 Mins - Nick		
5.30PM	BODYPUMP 30 Mins - Kate Y	5.20PM Hiit 30 ZONE 30 Mins - Morgen	BODYATTACK 30 Mins - Kate Y	BODYPUMP 30 Mins - Sarah	Hiit 30 ZONE 30 Mins - Morgen
6.05PM	BODYCOMBAT 45 Mins - Sally	6.10PM BODYPUMP 45 Mins - Melinda	GRIT / STRADIO 30 Mins - Kate Y	CORE 30 Mins - Chany	
6.00PM		SPRINT 30 Mins - Chany CYCLE STUDIO		SPRINT 30 Mins - Matt CYCLE STUDIO	
6.00PM		BODYBALANCE 45 Mins - Elisha STUDIO 3		BODYBALANCE 45 Mins - Sarah STUDIO 3	
7.00PM	BODYBALANCE 45 Mins - Dallas	JH BAM 30 Mins - Chany	BODYPUMP 30 Mins - Melinda	6.45PM JH BAM 30 Mins - Chany	

TIME	SAT	SUN
MORNING		
7.05AM	Hiit 30 ZONE 30 Mins - Nick	
8.00AM	BODYATTACK 30 Mins - Jess	7.45AM GRIT 30 Mins - Kate Y
8.30AM	CORE 30 Mins - Jess	BODYPUMP 45 Mins - Melinda
9.15AM	BODYPUMP 45 Mins - Kate Y	
9.25AM		BODYBALANCE 45 Mins - Dallas
9.25AM		CYCLE or SPRINT 45 or 30 Mins - Team CYCLE STUDIO

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!

