



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

TIME	SAT	SUN
<b>MORNING</b>		
7.05AM	<b>Hiit<sup>30</sup> ZONE</b> 30 Mins - Denielle	
8.00AM	<b>BODYATTACK</b> 30 Mins - Jess	7.45AM <b>GRIT</b> 30 Mins - Kate Y
8.30AM	<b>CORE</b> 30 Mins - Jess	<b>BODYPUMP</b> 45 Mins - Melinda
9.15AM	<b>BODYPUMP</b> 45 Mins - Kate Y	
9.25AM		<b>BODYBALANCE</b> 45 Mins - Dallas
9.25AM		<b>CYCLE</b> OR <b>SPRINT</b> 45/30 Mins - Maggie or Erin <b>CYCLE STUDIO</b>

## 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!

