



SKY 2022 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 - Tim	Hiit 30 ZONE 30 Mins - Erin	GRIT HYBRID 30 Mins - Jayne	STRENGTH 35 Mins - Erin	GRIT STRENGTH 30 Mins - Jayne
6:00AM	BODYPUMP 45 Mins - Sarah	BODYATTACK 45 Mins - Jess P	BODYCOMBAT 45 Mins - Chany	6.05AM 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 - Chany CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO
6:45AM		CORE 30 Mins - Jess			
9.10AM	BODYPUMP 45 Mins - Alana	STEP 45 mins - Cherry	BODYPUMP 45 Mins - Kate Y	Hiit 30 ZONE 30 Mins - Sarah	BODYATTACK 45 Mins - Kate Y
9.10AM					RPM 45 Mins - Cherry CYCLE STUDIO
10.10AM	Hiit 30 ZONE 30 Mins - Sarah	BODYBALANCE 45 Mins - Sarah	BODYCOMBAT 45 Mins - Chany / Leah	BODYPUMP 45 Mins - Alana	STRADIO HALF STRENGTH / HALF CARDIO 45 Mins - Kate Y
10.10AM		RPM 45 Mins - Cherry CYCLE STUDIO			
11.10AM		BODYPUMP 45 Mins - Alana			
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	BODYPUMP 45 Mins - Cherry	STRADIO HALF STRENGTH / HALF CARDIO 45 Mins - Kate Y	CORE 30 Mins - Chany	
6.00PM	SPRINT 30 Mins - Chany CYCLE STUDIO	SPRINT 30 Mins - Chany CYCLE STUDIO	SPRINT 30 Mins - Erin CYCLE STUDIO		
6.00PM		BODYBALANCE 45 Mins - Dallas STUDIO 3		BODYBALANCE 45 Mins - Sarah STUDIO 3	
7.00PM	BODYBALANCE 45 Mins - Dallas	JH BAM 30 Mins - Chany / Rach	BODYPUMP 30 Mins - Melinda	6.45PM JH BAM 30 Mins - Chany / Rach	
MORNING					
7.05AM	Hiit 30 ZONE 30 Mins - Erin				
7.45AM	BODYATTACK 30 Mins - Jess	GRIT HYBRID 30 Mins - Kate Y			
8.30AM	STEP 30 Mins - Cherry or Heidi	BODYPUMP 45 Mins - Melinda			
8.30AM	CORE 30 Mins - Jess STUDIO 3				
9.15AM	BODYPUMP 45 Mins - Kate Y				
9.25AM		BODYBALANCE 45 Mins - Dallas			
9.25AM		RPM OR SPRINT 45 or 30 Mins - Team CYCLE STUDIO			
11.00AM		Hiit 30 ZONE 30 Mins - 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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