

PHASE 2 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DAYTIME SESSIONS	Lauren OUTDOORS 6.30-7.00	Mitchell OUTDOORS 6.30-7.00	Lexi HIIT 6.15-6.45	Vanessa SPIN 6.00-6.30	VIRTUAL SPIN 6.00-6.30	Nikki SPIN 8.30-9.00	
	Therese SPIN 9.30-10.00	VIRTUAL SPIN 6.30-7.00	Lisa BODY STEP 9.15-10.15	Lauren HIIT CIRCUIT 9.30-10.00	Louise EX PILATES	Robynne BODY COMBAT 8.30-9.15	
	Robynne BODY COMBAT 9.30-10.30	Mitchell OUTDOORS 9.30-10.00	Therese SPIN 9.30-10.00	Louise BARRE/PILATES 9.30-10.30	Louise ABT 9.30-10.00	Robynne BODY COMBAT 9.15-10.00	
	Mami ZUMBA 10.45-11.45	Louise PILATES 9.30-10.30	Jan SLOW FLOW YOGA 10.30-11.30	Louise BODY PUMP 10.45-11.45	Vincci GENTLE YOGA 10.15-11.15	Nikki SPIN 9.15-9.45	
		Lauren TABATA		Louise LIVE STRONGER 11.45-12.30	Lauren OUTDOORS 10.30-11.00	Louise BODY PUMP 10.15-11.15	
			Louise LIVE STRONGER 12.30-1.15		Louise LIVE STRONGER 11.30-12.15	Tali ZUMBA	
					Louise LIVE STRONGER 12.15-1.00		
	EVENING SESSIONS	Natalie PILATES	Tali ZUMBA 5.30-6.30	Louise BODY PUMP 5.30-6.30	Liz YIN YOGA	★ PLEASE REMEMBER TO BRING WATER BOTTLE, TOWEL AND MAT.	
		Robynne BODY COMBAT 6.45-7.30	Tali ZUMBA 6.30-7.30	Dom FLOW YOGA 6.45-7.45	Lexi SPIN 6.15-7.00		

Staffed Hours

MON-THU 5.30am - 10pm

FRI 5.30am - 8pm

SAT 8am - 5pm

SUN - 8am - 3pm

Book & CXL Online via GvmMaster App

VIRTUAL SPIN is one of our amazing instructors on the screen in the club

real life **IN THE CLUB** & Live streamed via Zoom, links can be found at energizehealthclub.com.au/timetable

KIDS CLUB available. Book via the GymMaster app, or via the "bookings" button on the member portal.

