

Harbourside Timetable



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	RPM Kelly K (45)	BODYPUMP Tony (45)	HIIT Tracy (30)	BODYPUMP Tracy (45)	BODYCOMBAT Kristen (45)		
6:30 AM			RPM Tony (45)		RPM Mel M (45)		
6:45 AM			FitBOX Mike (45)				
7:00 AM	CXWORX Kelly K (30)	BODYBALANCE Kristen (55)		CXWORX Tracy (30)	BODYBALANCE Jenn (55)		
7:30 AM						HIIT Tristan (30)	
8:00 AM						RPM Mel M/Kaella (45)	
8:15 AM						TBW Carol (45)	
8:30 AM							RPM Max Kaella/Sarah (60)
9:00 AM						BODYCOMBAT Sue (55)	
9:30 AM	BODYPUMP Kate (55)	BODYCOMBAT Bec L (55)	TBW Kathryn (45)	TBW Ann-Maree (55)	★ BODYPUMP Katie (55)		BODYBALANCE Karen P (55)
10:00 AM						BODYBALANCE Sue (55)	
12:10 PM	Sculpt Kathryn (45)	FitBOX Remy (35)	Sculpt Kathryn (45)	HIIT Mell P (30)	HIIT Kathryn/Blake (30)		
4:30 PM	HIIT Kathryn (30)						BODYPUMP Jess/Dave H (55)
5:00 PM	HIIT Kathryn (30)	HIIT Mike (30)	★ HIIT Tristan (30)	HIIT Mike (30)			
5:30 PM	BODYCOMBAT Kaella & Winnie (45)	HIIT Mike (30)	TBW Carol (55)	★ BODYPUMP Haylee (55)	★ HIIT Haylee (30)		
5:30 PM	RPM Cameron (45)	RPM Kate (45)	RPM Tristan (45)	RPM Cameron/Damara (45)			
6:00 PM		BODYPUMP Blake (55)					
6:30 PM	BODYPUMP Cameron (55)		BODYBALANCE Kristen (55)	★ BODYBALANCE Haylee (55)			
7:30 PM	BODYBALANCE Karen P (55)						

Key

Studio	Cycle Studio	★ New Class	Class duration (30) (45) (55)
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