

GROUP FITNESS STUDIO 1

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5.30am	30' metafit HIT TRAINING		55' YOGA		30' metafit HIT TRAINING			
6.00am	30' metafit HIT TRAINING				30' metafit HIT TRAINING			
7.00am	MOVEMENT AS A COMMUNITY FOR A FITTER PLANET					55' FITBOX		
8.00am						30' LESMILLS SH'BAM®		
8.30am						30' LESMILLS BODYJAM	55' LESMILLS BODYBALANCE™	
8.40am	45' LESMILLS SH'BAM®	45' LESMILLS BODYBALANCE™		45' LESMILLS BODYJAM	45' LESMILLS BODYPUMP®			
9.30am	55' LESMILLS BODYPUMP®	55' ZUMBA	55' LESMILLS BODYATTACK™	45' LESMILLS SH'BAM®	55' LESMILLS BODYBALANCE™	55' YOGA		
10.30am	55' RESILIANCE		55' RESILIANCE	55' YOGA	55' ZUMBA			
5.30pm	55' FITBOX	55' LESMILLS BODYATTACK™	55' LESMILLS BODYPUMP®	55' LESMILLS BODYBALANCE™				
6.30pm	45' LESMILLS SH'BAM®	55' LESMILLS BODYBALANCE™	55' FITBOX	55' ZUMBA				
7.15pm	45' LESMILLS BODYJAM							

RPM STUDIO TIMETABLE

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am	55'					LESMILLS RPM™	
8.30am	55'						LESMILLS RPM™
9.30am	55'	LESMILLS RPM™		LESMILLS RPM™			
6.30pm	55' LESMILLS RPM™		LESMILLS RPM™				

PILATES

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am	55' PILATES B		55' PILATES B			55' PILATES C	
10.30am	55'	55' PILATES +					
6.30pm	55' PILATES B						
7.30pm	55'		55' PILATES A				

ⓘ The YMCA recommends you have participated in a **Pilates A** class for a minimum of 6 weeks before you progress to a **B** or **C** class.

= PILATES A = Beginners PILATES B = Intermediate – advanced PILATES C = Equipment required (see reception) PILATES + = Returning to functional movement

YMCA JAMBOREE HEIGHTS

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3 DAY PASS COUPON

COME PLAY WITH US!



Name _____

Contact Number _____

FIRST TIME USERS ONLY* Expiry _____

Terms and conditions apply. Must be used in 3 Consecutive days only. See Fitness Centre for details.

COME PLAY WITH US!