

FITNESS ON DEMAND (VIRTUAL CLASSES) ARE SHADED BLUE

SKY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5am	PLYOGA 45min	Hard Body 45min	PLYOGA 45min	Power STEP 60 min	RIP 60 min	7:30am	Tone & Shred ABS 22min	PLYOGA 45min
6am	RIP 55min	Yoga Vinyasa	BODYPUMP	Yoga Vinyasa	PLYOGA 45min	8:30am	YOGA Hatha	BODYPUMP
7:30pm	Power STEP 60 min	WAR 50min		BODYBURN 35min	Metabolic Conditioning 45min	9:30am	BODYPUMP	YOGA Hatha
9:30am	BODYPUMP	Pilates	BODYPUMP	PLYOGA 45min	PILATES	10:30am	PILATES	Funkie Fusion 30min
10:30am	YOGAFIT For Beginners 50min	RIP 55min	Yoga Vinyasa	WAR 50min	Funkie Fusion 30min	12-4pm	FREE TIME FOD Choose Your Own Class!	
FREE TIME	**Fitness On Demand - Choose Your Own Class! FREE TIME 11:30am- 2pm					4pm	Hard Body 51min	YOGA Vinyasa 55min
						5pm	PLYOGA 45min	MEDITATION 45min
3pm	Hard Body (Complete Workout) 90min	Mat Pilates 30min	Hard Body (Complete Workout) 90min	RIP 55min	Power STEP 60 min	NOTE	<p align="center">Fitness On Demand</p> <p>Offers over 200 extra classes at your fingertips delivered via touch screen kiosk in our Spin & Sky Studios bringing you the most popular exercise routines from all over the world including:</p> <p>- PLYOGA -HIIT -MARTIAL ARTS -RIP -INSANITY -WAR -RIP -TABATA and more!!!</p> <p>Note: Your own Mats are required for pilates, yoga and meditation classes.</p> <p>Boxing gloves and cotton Inners are required for boxing. See reception for hire/purchase</p> <p>**Bootcamps are part of Titan Fitness transformations. Additional fees apply. Enquire at reception.</p>	
4pm		Funkie Fusion 30min						
4:30pm	**FOD - FREE TIME 4:30pm -5:30pm			Mat Pilates 30min				
5:30pm		Yoga Vinyasa		BODYPUMP Express (30min)				
6pm			BODYPUMP	FATBURN/STEP Express 30				
6:30pm		Post Work Out Stretch 22min		PILATES				
7pm	BODYPUMP	**FOD FREE TIME 4pm - 8pm	ZUMBA	**FOD FREE TIME 4pm - 8pm				
7:30pm								
8pm	YOGA Yin		YOGA Yin					

UNDERGROUND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am	Titan HIIT 30*	Titan HIIT 30*	Titan HIIT 30*		Titan HIIT 30*	6:45am	Titan HIIT 30*	
6am	Titan HIIT 30*	Titan HIIT 30*	Titan HIIT 45*	BOXING	Titan HIIT 45*	7:15am	Titan HIIT 45*	Titan HIIT 45*
6:30am	Titan HIIT 30*	Titan HIIT 30*				7:30am		
7am			Titan HIIT 30*			8:30am	BOXING	Titan HIIT 45*
9:30am		BOXING	Titan HIIT 30*	Titan HIIT 45*	BOXING	9:30am	ZUMBA	
10am			STRETCH			10:30am		
10:30am					Titan HIIT 30*	11am		
11:30am		PRIME MOVERS		PRIME MOVERS				
4:30pm	Titan HIIT 30*	Titan HIIT 30*				<p>You may not enter or begin a class if you arrive more than 5 mins late and missed the warm up. It is our duty of care to you and we thank you in advance for understanding. Classes marked with * require a wristband. Early morning class bands (5:30am-7:30am) are handed out up to an hour prior to the class (first serve basis), while all other HIIT classes marked * from 9:30am-6:30pm, bands are given only 15 min prior to class commencing from reception.</p> <p>Any previous pain or injury should be reported to instructors prior to the class commencing.</p>		
5pm		Member Functional Training Space 5-7:30pm & 8-10pm	Titan HIIT 30*					
5:30pm	Titan HIIT 30*		Titan HIIT 30*	Titan HIIT 45*				
6pm			BOXING	Titan HIIT 30*				
6:30pm	Titan HIIT 45*		TITAN HIIT *45	Titan HIIT 45*	Challenge **Bootcamps			
7pm								
7:30pm								

CYCLE STUDIO

5:20am		SPIN Express 30		SPIN Express 30				
6am	SPIN	SPIN	SPIN	SPIN	SPIN	7:30am	SPIN	
9:30am		NEW! SPIN		SPIN		8:30am	SPIN	
6:30pm	SPIN	SPIN	SPIN	SPIN		9am		SPIN