

GROUP FITNESS TIMETABLE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30AM	Go! 45 mins 		Conquer 45 mins 	Abs n Booty 45 mins 	Lift 45 mins 		
9:00AM	Go! 45 mins 	Lift 60 mins 	Abs n Booty 45mins 	Lift 60 mins 	Hustle 45 mins 		
10:00AM				Yoga Awaken Studio 45 mins 		Conquer 45 mins 	
4:30PM							
5:30PM	Abs n Booty 30 mins 	Go! 5.30pm 30 mins 	Yoga Awaken Studio 5.30pm 45 mins 	Lift 45 mins 	Hustle 45 mins 		
6:15PM	Pilates Awaken Studio 45 mins 		Pilates Awaken Studio 45 mins 				

Bookings required through the App
 Search Powerplay Health & Fitness in the App Store
 Casual rates - \$15 per class/session

Bookings required for Crèche
 Casual bookings available
 \$5 for 60 mins
 \$7.50 for 90 mins

STAFFED HOURS

MON - FRI	8.30AM - 11.30AM
MON - THURS	4:00PM - 7:00PM
SATURDAY	8AM - 12PM

CRECHE

MON/TUE/THRU	8:30AM - 11:30AM
WEDS/FRI	8:00AM - 11:30AM
TUES	4:30PM - 7:00PM
MON/THURS	4:00PM - 7:00PM
SATURDAY	8AM - 12PM