

# GROUP FITNESS 2024

	Mon	Tue	Wed	Thu	Fri	Sat
5:30AM		<b>Go!</b> 45 mins ★★★★		<b>Abs n Booty</b> 45 mins ★★★★	<b>Lift</b> 45 mins ★★★★	<b>Conquer</b> 45 mins ★★★★
9:00AM	<b>Go!</b> 45 mins ★★★★	<b>Lift</b> 60 mins ★★★★	<b>Abs n Booty</b> 45 mins ★★★★	<b>Lift</b> 60 mins ★★★★	<b>Hustle</b> 45 mins ★★★★	<b>Abs n Booty</b> 45 mins ★★★★
10:00AM				<b>Yoga</b> Awaken Studio 45 mins ★★★★		<b>Pilates</b> Awaken Studio 45 mins ★★★★

5:30PM	<b>Abs n Booty</b> 30 mins ★★★★	<b>Go!</b> 30 mins ★★★★	<b>Power BAR</b> 30 mins ★★★★	<b>Hustle</b> 30 mins ★★★★
6:15PM	<b>Pilates</b> Awaken Studio 45 mins ★★★★		<b>Pilates</b> 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
  - \$4 for 60 mins
  - \$6 for 90 mins

## STAFFED HOURS

MON - FRI	8.30AM - 11.30AM
MON - THURS	4:00PM - 7:00PM
SATURDAY	8AM - 11AM

## CRECHE

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