




17 to 23 Dec							
WEEK:1	MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23
Hours	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 7.00pm	7.00am - 5.00pm	8.00am - 11.00am
5.30am	GRC		GRC		RPM 60		
5.45am	BODYPUMP	BODYSTEP	BODYPUMP		MAT PILATES		
	RPM	RPM					
7.00am	YOGA	GRC	MAT PILATES	YOGA			
7.15am						GRC	
						RPM	
8.05am						7.30am BODYSTEP	BODY ATTACK
8.15am	GRC		GRC	GRC	GRC	GRC	GRC
8.30am	BODYPUMP	BODYSTEP	NEW BODY	BODY ATTACK	BODYSTEP	8.35am BODYPUMP	
9.05am							BODYPUMP
9.15am	GRC	GRC	GRC	GRC	GRC	GRC	GRC
9.30am	RPM		RPM	RPM			
9.35am	BODY ATTACK	BODYPUMP	9:45am YOGA	BODY BALANCE	BODYPUMP	9:45am YOGA	
10.00am	10.35am MAT PILATES	GRC	GRC		GRC		
4.45pm			GRC				
5.30pm	RPM	GRC		RPM			
5.35pm	BODYSTEP	BODY ATTACK	BODYPUMP		BODYPUMP		
5.55pm				ZUMBA			
6.30pm	GRC			GRC			
6.35pm	ZUMBA	YOGA					

24 to 30 Dec								
WEEK:2	MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	
Hours	5.25am - 11.00am			5.25am - 12.00pm	5.25am - 12.00pm	7.00am - 5.00pm	8.00am - 11.00am	
5.30am	GRC	CLOSED	CLOSED					
5.45am	BODYPUMP							
7.00am	YOGA							
7.15am						RPM		
7.30am							BODYSTEP	
8.05am								BODY ATTACK
8.15am	GRC					GRC	GRC	GRC
8.30am	BODYPUMP					BODY ATTACK	BODYSTEP	8:35am BODYPUMP
9.05am								BODYPUMP
9.15am	GRC					GRC	GRC	GRC
9.30am	RPM			RPM				
9.35am				BODY BALANCE	BODYPUMP			

The Workout Indooroopilly team would like to wish you a very happy and safe festive season. We look forward to helping you keep fit and healthy in 2019 and promise a lot of fun, smiles and laughter along the way!

31 Dec to 6 Jan							
WEEK:3	MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
Hours	5.25am - 11.00am	 CLOSED	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 7.00pm	7.00am - 5.00pm	8 - 11am 3 - 5pm
5.30am			GRC		RPM 60		
5.45am			BODYPUMP		MAT PILATES		
7.00am			MAT PILATES				
7.15am	RPM					GRC	
7.30am						RPM	
8.05am						BODYSTEP	
8.15am	GRC			GRC	GRC	GRC	GRC
8.30am	BODYPUMP			NEW BODY	BODY ATTACK	BODYSTEP	8.35am BODYPUMP
9.05am							BODYPUMP
9.15am	GRC			GRC	GRC	GRC	GRC
9.30am				RPM	RPM		
9.35am					BODY BALANCE	BODYPUMP	
10.00am				GRC		GRC	
1.45pm					GRC		
4.45pm				GRC			3:15pm BODY BALANCE
5.30pm					RPM		
5.35pm				BODYPUMP		BODYPUMP	
6.30pm					GRC		
6.35pm				MAT PILATES			

7 to 13 Jan							
WEEK:4	MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
Hours	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 8.00pm	5.25am - 7.00pm	7.00am - 5.00pm	8 - 11am 3 - 5pm
5.30am	GRC		GRC		RPM 60		
5.45am	BODYPUMP	BODYSTEP	BODYPUMP		MAT PILATES		
	RPM	RPM					
7.00am		GRC	MAT PILATES				
7.15am						GRC	
						RPM	
8.05am						7.30am BODYSTEP	BODY ATTACK
8.15am	GRC		GRC	GRC	GRC	GRC	GRC
8.30am	BODYPUMP	BODYSTEP	NEW BODY	BODY ATTACK	BODYSTEP	8:35am BODYPUMP	9.05am BODYPUMP
9.15am	GRC	GRC	GRC	GRC	GRC	GRC	GRC
9.30am	RPM		RPM	RPM			
9.35am		BODYPUMP	9:45am YOGA	BODY BALANCE	BODYPUMP	9:45am YOGA	
10.00am		GRC	GRC		GRC		
10.35am	MAT PILATES	BODY BALANCE			MAT PILATES		
1.45pm	GRC			GRC			
4.30pm	MAT PILATES	ABT		BODYPUMP			3:15pm BODY BALANCE
4.45pm	GRC	GRC	GRC				
5.30pm	RPM	GRC		RPM			
5.35pm	BODYSTEP	BODY ATTACK	BODYPUMP		BODYPUMP		
5.55pm				ZUMBA			
6.00pm		RPM					
6.30pm	GRC			GRC			
6.35pm	ZUMBA	YOGA	MAT PILATES				

PLAYROOM CLOSED: TUESDAY 25 DECEMBER TO TUESDAY 1 JANUARY  
NEW TIMETABLE STARTS MONDAY 14 JANUARY

← TURN OVER TO VIEW  
17 DEC - 30 DEC CLASSES