workout INDOOROOPILLY

CHRISTMAS 2019 HOURS & CLASSES

(07) 3378 8950
WORKOUT.NET.AU

16 Dec to 22 Dec							
WEEK:1	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21	SUN 22
Hours	5.25am - 8pm	5.25am - 8pm	5.25am - 8pm	5.25am - 8pm	5.25am - 7pm	7am - 5pm	8am - 11am
5.30am	GRC		GRC		RPM 60		
5.45am	BODYPUMP	BODYSTEP	BODYPUMP	NEW BODY	MAT PILATES	7.15am RPM	
	RPM	RPM					
7.00am	YOGA	GRC	MAT PILATES	YOGA	GRC	7.15am GRC	
8.05am						7.30am 2PHASE	BODY ATTACK
8.15am			GRC		GRC	GRC	GRC
8.30am	BODYPUMP	BODYSTEP	NEW BODY	BODY ATTACK	BODYSTEP	BODYPUMP	
8.45am	GRC	GRC		GRC			9.05am BODYPUMP
9.15am			GRC		GRC	GRC	GRC
9.30am	GRC	GRC	RPM	GRC			
	RPM			RPM			
9.35am	BODY ATTACK	BODYPUMP	9:45am YOGA	BODY BALANCE	BODYPUMP	9:45am YOGA	
10.00am			GRC				
10.35am	MAT PILATES	BODY BALANCE			MAT PILATES		
4.45pm	GRC		GRC				
5.30pm	RPM	GRC		RPM			
5.35pm	BODYSTEP	BODY ATTACK	BODYPUMP				
5.55pm				ZUMBA			
6.30pm	GRC			GRC			
6.35pm	ZUMBA						

23 Dec to 29 Dec							
WEEK:2	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
Hours	5.25am - 8pm	5.25am - 11am	CLOSED	CLOSED	5.25am - 12pm	7am - 5pm	8am - 11am
5.30am	GRC						
5.45am	BODYPUMP	RPM					
7.00am	YOGA	GRC				7.15am GRC	
7.30am					RPM	2PHASE	8.05am BODY ATTACK
8.15am						GRC	GRC
8.30am	BODYPUMP	BODYSTEP			BODY ATTACK	BODYPUMP	
8.45am	GRC	GRC			GRC		
9.30am	GRC	GRC			GRC	9.15am GRC	9.15am GRC
	RPM						
9.35am		BODYPUMP			BODYPUMP	9.45am YOGA	
4.45pm							
5.30pm	RPM						
	GRC						

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 2020 and promise a lot of fun, smiles and laughter along the way!

PLAYROOM CLOSED: MONDAY 23 DECEMBER TO WEDNESDAY 1 JANUARY

NEW TIMETABLE STARTS MONDAY 13 JANUARY

TURN OVER TO VIEW 30 DEC - 12 JAN CLASSES

workout INDOOROOPILLY

CHRISTMAS 2019 HOURS & CLASSES

(07) 3378 8950
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30 Dec to 5 Jan

WEEK:3	MON 30	TUE 31	WED 1	THU 2	FRI 3	SAT 4	SUN 5
Hours	5.25am - 11am 5pm - 7pm	5.25am - 11am	CLOSED	5.25am - 8pm	5.25am - 7pm	7am - 5pm	8am - 11am 3pm - 5pm
5.30am					RPM 60		
5.45am	BODYPUMP	RPM		NEW BODY	MAT PILATES		
7.00am	GRC				GRC		
7.15am						GRC	
						RPM	
7.30am						2PHASE	
8.05am							BODY ATTACK
8.15am					GRC	GRC	GRC
8.30am	BODYSTEP	BODYPUMP		BODY ATTACK	BODYSTEP	BODYPUMP	
8.45am	GRC	GRC		GRC			9.05am BODYPUMP
9.15am					GRC	GRC	GRC
9.30am	GRC	GRC		GRC			
				RPM			
9.35am				BODY BALANCE	BODYPUMP		
3.15pm							BODY BALANCE
5.30pm	RPM			RPM			
6.30pm				GRC			

6 Jan to 12 Jan

WEEK:4	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11	SUN 12
Hours	5.25am - 8pm	5.25am - 8pm	5.25am - 8pm	5.25am - 8pm	5.25am - 7pm	7am - 5pm	8am - 11am 3pm - 5pm
5.30am	GRC		GRC		RPM 60		
5.45am	BODYPUMP	BODYSTEP	BODYPUMP	NEW BODY	MAT PILATES		
	RPM	RPM					
7.00am	YOGA	GRC	MAT PILATES	YOGA	GRC	7.15am GRC	
7.30am						2PHASE	8.05am BODY ATTACK
8.15am			GRC		GRC	GRC	GRC
8.30am	BODYPUMP	BODYSTEP	NEW BODY	BODY ATTACK	BODYSTEP	BODYPUMP	
8.45am	GRC	GRC		GRC			9.05am BODYPUMP
9.15am			GRC		GRC	GRC	GRC
9.30am	GRC	GRC	RPM	GRC			
	RPM			RPM			
9.35am		BODYPUMP	9:45am YOGA	BODY BALANCE	BODYPUMP	9:45am YOGA	
10.00am			GRC		GRC		
10.35am	MAT PILATES	BODY BALANCE			MAT PILATES		
3.15pm							BODY BALANCE
4.45pm	GRC	GRC	GRC				
5.30pm	RPM	GRC		RPM			
5.35pm	BODYSTEP	BODY ATTACK	BODYPUMP				
5.55pm				ZUMBA			
6.00pm		RPM					
6.30pm	GRC			GRC			
6.35pm	ZUMBA	YOGA	MAT PILATES				

PLAYROOM CLOSED: MONDAY 23 DECEMBER TO WEDNESDAY 1 JANUARY

NEW TIMETABLE STARTS MONDAY 13 JANUARY

TURN OVER TO VIEW
16 DEC - 29 DEC CLASSES