

# CARIBBEAN PARK TIMETABLE

**THIS IS A SAMPLE TIMETABLE:** Due to the current Covid-19 restrictions current timetables are temporarily unavailable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00AM	UTILITY		PLAY ON		ENGINE ROOM	
7.00AM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM	
9.00AM						GRAND FINAL
9.30AM				NEW RECRUIT		
12.30PM	UTILITY	LIFT	PLAY ON	LIFT		
4.30PM		NEW RECRUIT				
5.15PM	UTILITY	LIFT	PLAY ON	LIFT		
6.05PM		CARDIO ZONE		CARDIO ZONE		
6.40PM		NEW RECRUIT				

CARDIO ZONE: 30min express class 12.30PM CLASSES: 45mins

FOR CLASS DESCRIPTIONS GO TO [PINNACLEHEALTHCLUB.COM.AU/THE-LOCKER-ROOM-SESSIONS](http://PINNACLEHEALTHCLUB.COM.AU/THE-LOCKER-ROOM-SESSIONS). TO BOOK, PLEASE USE THE PINNACLE STUDIO APP.



TEAM TRAINING

