

MULGRAVE 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	LIFT	PLAY ON	LIFT	ENGINE ROOM	
7.00AM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM	
8.00AM		NEW RECRUIT				GRAND FINAL
9.30PM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM	GRAND FINAL
4.30PM	NEW RECRUIT					
5.15PM	UTILITY	LIFT	PLAY ON	LIFT		
6.05PM	UTILITY	CARDIO ZONE	PLAY ON	CARDIO ZONE		
6.40PM	NEW RECRUIT	CARDIO ZONE		CARDIO ZONE		

CARDIO ZONE: 30min express class

FOR CLASS DESCRIPTIONS GO TO PINNACLEHEALTHCLUB.COM.AU/THE-LOCKER-ROOM-SESSIONS. TO BOOK, PLEASE USE THE PINNACLE STUDIO APP.



TEAM TRAINING

