

PINNACLE OAKLEIGH GROUP FITNESS TIMETABLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		LES MILLS BODYPUMP	BOXING	LES MILLS BODYPUMP			
9:00am						LES MILLS BODYATTACK	
9:15am	LES MILLS BODYPUMP		LES MILLS BODYBALANCE		LES MILLS BODYPUMP		
9:30am		BARRE ATTACK		ZUMBA®			BARRE ATTACK
10:00am						LES MILLS BODYPUMP	
10:30am	ZUMBA®	RELAXATION YOGA	BARRE ATTACK	PILATES	YOGA		PILATES
11:00am						YOGA 1.5hr	
5:30pm	LES MILLS BODYPUMP 45	BOXING CIRC 45	LES MILLS BODYPUMP 45	JUST ABS 30			
6:00pm				BOXING 45	LES MILLS BODYSTEP CLASSIC		
6:15pm	ZUMBA® 45	JUST ABS 30	LES MILLS BODYATTACK 45				
7:00pm	LES MILLS BODYPUMP	LES MILLS BODYSTEP CLASSIC	ZUMBA®	BARRE ATTACK			
8:00pm	LES MILLS BODYBALANCE	PILATES	TAI CHI	YOGA			

30 30 MINUTE EXPRESS CLASS
45 45 MINUTE EXPRESS CLASS



FOR CLASS DESCRIPTIONS PLEASE SEE OUR WEBSITE OR THE PINNACLE APP