

# OAKLEIGH TIMETABLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.20AM	UTILITY	LIFT	ENGINE ROOM	LIFT	PLAY ON	
6.10AM	UTILITY	LIFT	ENGINE ROOM	LIFT	PLAY ON	
7.00AM	UTILITY		ENGINE ROOM		PLAY ON	
8.30AM						GRAND FINAL
9.30AM	UTILITY	LIFT	ENGINE ROOM	LIFT	PLAY ON	GRAND FINAL
10.30AM	NEW RECRUIT					LIFT
5.30PM	UTILITY	LIFT	ENGINE ROOM	LIFT		
6.00PM		CARDIO ZONE		CARDIO ZONE	PLAY ON	
6.30PM	UTILITY	LIFT	ENGINE ROOM	LIFT		
		NEW RECRUIT				
7.30PM	UTILITY	LIFT	NEW RECRUIT	LIFT		

CARDIO ZONE: 30min express class

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

