

PARKDALE 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
5.20AM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM		
6.10AM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM		
7.00AM	UTILITY		PLAY ON		ENGINE ROOM		
7.30AM						GRAND FINAL	
8.30AM						BOXING	
9.00AM							GRAND FINAL
9.30AM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM	LIFT	
10.30AM						NEW RECRUIT	
5.30PM	UTILITY	LIFT	PLAY ON	LIFT	ENGINE ROOM		
6.20PM	UTILITY	LIFT	PLAY ON	LIFT			
7.10PM	NEW RECRUIT	CARDIO ZONE		CARDIO ZONE			



TEAM TRAINING



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.

361 NEPEAN HWY, PARKDALE PH: 03 9587 9999 PINNACLEHEALTHCLUB.COM.AU