

# SCORESBY TIMETABLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.00AM		LIFT		LIFT		
6.00AM	UTILITY	LIFT	ENGINE ROOM	LIFT	PLAY ON	
7.00AM	UTILITY	CARDIO ZONE		CARDIO ZONE		
7.30AM						GRAND FINAL
9.30AM	UTILITY		ENGINE ROOM	LIFT		LIFT
10.30AM						NEW RECRUIT
5.30PM	UTILITY	LIFT		LIFT		
6.00PM			ENGINE ROOM		PLAY ON	
6.30PM	UTILITY	CARDIO ZONE	PLAY ON	CARDIO ZONE		
7.00PM			V			
7.10PM		LIFT		LIFT		
7.30PM	UTILITY					
8.10PM		CARDIO ZONE	NEW RECRUIT			



TEAM TRAINING



CARDIO ZONE: 30min express class  
 FOR CLASS DESCRIPTIONS GO TO [PINNACLE-HEALTHCLUB.COM.AU/THE-LOCKER-ROOM-SESSIONS](http://PINNACLE-HEALTHCLUB.COM.AU/THE-LOCKER-ROOM-SESSIONS).  
 TO BOOK, PLEASE USE THE PINNACLE STUDIO APP.