

# UPWEY TIMETABLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.10AM	UTILITY	LIFT	ENGINE ROOM	LIFT	PLAY ON	
5.30AM		CARDIO ZONE		CARDIO ZONE		
6.00AM	UTILITY	LIFT	ENGINE ROOM	LIFT	PLAY ON	
7.00AM			ENGINE ROOM	NEW RECRUIT	PLAY ON	CARDIO ZONE
8.00AM						GRAND FINAL
9.00AM						LIFT
9.30AM	UTILITY		ENGINE ROOM		PLAY ON	
10.40AM		LIFT	NEW RECRUIT	LIFT		
5.00PM	UTILITY		ENGINE ROOM			
5.30PM		LIFT		LIFT	PLAY ON	
6.00PM	UTILITY		ENGINE ROOM			
6.30PM		CARDIO ZONE		CARDIO ZONE		
7.00PM	UTILITY	LIFT	ENGINE ROOM	LIFT		
8.00PM	NEW RECRUIT					



TEAM TRAINING



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.