



# HEALTH AND FITNESS AT ST CLAIR GROUP FITNESS TIMETABLE



## STUDIO ONE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.00 am						*RPM	
9.15 am	Body Pump	Freestyle Step	Pilates	Fat Burner	RPM		
9.45 am						Body Pump	
10.00 am					Body Pump		
10.15 am			Hi-Lo				
10.45am						Pilates	

6.00 pm		RPM		Freestyle Step			
6:15 pm		Fat Burner	Body Pump				
6.30pm	Body Pump*						
7:00 pm				Zumba			
7.15 pm			RPM				
7.30 pm	Zumba						

- \* 45 minute class
- RPM classes are held in the RPM studio