

Club Mandalay Class Timetable



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP FITNESS CLASSES	6.15am	Boxing Circuit	Spin	Boxing Circuit	Strength Circuit			
	8.00am						Spin & Tabata • Alternating every Saturday	
	9.30am	Tabata	Mums & Bubs Free	Mums & Bubs Free	Bootcamp	Abs, Butts & Thighs		
						Mums and Bubs Free		
	12.30pm		Seniors Strength Free					
	4.30pm	Junior Gym Free	Teen Gym Free	Junior Gym Free	Teen Gym Free		Power Walk Free	Bootcamp
	6.00pm	HIIT Express	HIIT Express	Boxing 101	Yoga \$15			
7.00pm	Strength Circuit	Abs, Butts and Thighs	RIP (Pump) \$10	Spin				
All classes are \$5 unless stated otherwise for specialty classes					Gym Opening Hours Monday to Friday 5.30am - 10pm, Saturday and Sunday 6am - 8pm			
TENNIS	9.30am						Tennis Coaching	
	3.30pm		Tennis Coaching					
	11.30am	Show Court Tennis bookings - doug@showcourttennis.com					Cardio Tennis	
All classes can be booked by calling reception on 9037 3700 or visiting www.clubmandalay.com.au					Pool Opening Hours 6am-8pm daily			
POOL	9.30am		Aqua Aerobics					
	3.30pm		Swim Lessons			Swim Lessons		
	10.00am						Swim Lessons	

* All classes are subject to change without notice. Classes that have been cancelled will be rearranged for a future date.