club mandalay

PLEASE NOTE:
Group fitness sessions are free.
Classes may reach capacity so ensure you book in advance by using the Mindbody app.
Please view our Group Fitness Class Descriptions for information on each session type.
If you have any feedback for us, please contact us via leisure@clubmandalay.com.au.

Group Fitness Timetable
Commencing Monday 9th May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING SESSIONS						
6:00am - 6:45am **HIIT** Phil	6:00am - 6:30am **Metafit** Julie	6:15am - 7:00am **Circuit** Phil	6:00am - 6:45am **Strength** Julie			
					7:15am - 8:00am **Spin** Phil	
8:00am - 8:45am **Active Adults** Phil		8:00am - 8:45am **Active Adults** Phil				
					8:30am - 9:15am **Mandalay Walk** Phil	
9:15am - 10:00am **Strength** Phil	9:30am - 10:15am **Pilates** Julie		9:30am - 10:00am **Metafit** Julie	9:15am - 10:00am **Resistance** Phil		
	10:30am - 11:30am **Parents with Prams** Julie		10:30am - 11:30am **Parents with Prams** Julie			
AFTERNOON SESSIONS						
			4:15pm - 5:00pm **Teen Circuit** Phil			
EVENING SESSIONS						
6:00pm - 6:30pm **Metafit** Julie		6:00pm - 6:30pm **Spin Express** Julie				
6:45pm - 7:30pm **Pilates** Julie		6:45pm - 7:30pm **Pilates** Julie				