

Picton Pumphouse Gym Class Schedule

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9.30am				YOGA		8.00am	GYM/CARDIO CIRCUIT	
	10.30am	 45min Express				Active Over 50's Gym	9.00am	KINDYKWONDO	
	11.00am					Active Over 50's Class	9.30am	DRAGONKIDS/ TAEKWONDO	
	12.00pm	 50min Express			SCHOOLS		10.30am		
	1.00pm			SCHOOLS					
	4.30pm						4.30pm		
	5.30pm	BOXING 30min Express				 45min Express	5.30pm		
	6.00pm			 45min Express					
	6.30pm	 45min Express				YOGA			
	7.00pm		PT 101						
	7.30pm	TAEKWONDO							

Cycle Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am						9.15am		
	9.30am								
	10.30am			 30min Express					
	12.00pm								
	6.00pm	 30min Express							
	7.00pm								

