

Group Fitness

Timetable

Effective January 1 2025

Pricing and bookings

Members: \$10 per class | Visitors: \$15 per class

45-minute classes. To guarantee your place, please book classes in advance with Sports Hub (03 4701 0088).

Please check-in at Sports Hub 5 minutes before classes.



HIDDEN VALLEY RESORT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	HIIT Step Renee (6am)		P90X Renee (6am)		Gym Strength Renee (6am)	
8:00am						Indoor Bootcamp Renee (8am)
9:00am						
9:30am		HIIT Step Renee (9:30am)		HIIT Step Renee (9:30am)		
10:00am			Gym Strength Renee (10am)		AQUA55+ Tatiana (10am)	
10:15am						
10:30am		Beginners Strength Renee (10:30am)		 ZUMBA Eleonora gold (10:30am)		
11:00am					AQUA55+ Tatiana (11am)	
11:15am						
1:00pm	AQUA55+ Tatiana (1pm)	LA DIMORA	AQUA55+ Tatiana (1pm)	LA DIMORA		
6:00pm		Matt Pilates Tatiana (6:00pm)		Matt Pilates Tatiana (6:00pm)		
6:30pm	P90X Renee (6.30pm)					
7:00pm	AQUA Active Tatiana (7pm)		AQUA Active Tatiana (7pm)			
7:15pm		HIIT Step Renee (7:15pm)		Gym Strength Renee (7:15pm)		