


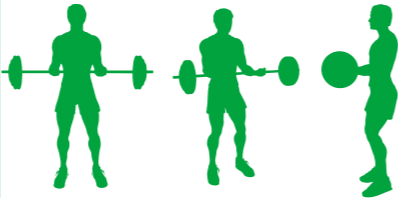







# Health and Fitness Centre

Normal opening hours: **Monday to Friday** 6.30am - 9am, 12pm - 7.30pm    **Saturday** 8.00am - 11.00am    **Sunday and Public Holidays** Closed

*(Note: hours may vary during Southbank Institute holidays. Winter trading hours operate from 1 June - 1 September)*

## Group Fitness Timetable for July 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am			Riverwalk 	Pilates 		
12.15pm	Boxercise 	Power Bar 	Zumba 	Pilates 	Spin 	
5.15pm			Yoga (starting 5pm)  	Zumba 