

Health and Fitness Centre



Southbank
Institute of Technology
Education for aspiring minds

Normal opening hours: **Monday to Friday** 6.00am - 9am, 12pm - 7.30pm **Saturday** 8.00am - 11.00am **Sunday and Public Holidays** Closed
(Note: hours may vary during Southbank Institute holidays)

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Group Fitness Timetable for February 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am			Riverwalk 	Pilates 		
12.15pm	Boxercise 	Power Bar 		Spin 	Circuit 	
5.00pm	Yoga 		Yoga 			



FREE group fitness class during February for non-members. Come over and give it a go!