

FITNESS TIMETABLE

Term 4
2023

Direct Deposit Payment:
A/C Name: Scottvale Health Club
BSB: 633 000 | Acc#: 176 256 949
Reference: YOUR NAME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30am		Shred It (5:30AM – 6:30AM)	Shred It (5:30AM – 6:30AM)		Shred It (5:30AM – 6:30AM)	
8.00am	Low Impact – FreeFLOW (8:30AM – 9:30AM)		Low Impact – FreeFLOW (8:30AM – 9:30AM)			Shred It (8:00AM – 8:40AM)
8.30am		HydroFit (8:40AM – 9:20AM)	HydroFLOW (8:40AM – 9:20AM)		HydroFLOW (8:40AM – 9:20AM)	
9.30am				HydroFit (9:30AM-10:10AM)	Chick'r'cise (9:30–10:10) Week 1 Pool	Chick'r'cise (9:30–10:10) Week 2 Gym
					Fit Fellas (9:30–10:10) Week 1 Gym	Fit Fellas (9:30–10:10) Week 2 Pool
9.40am	BACE [Breathing & Balance] (9:40AM – 10:20AM)	GentleFLOW [Moving Meditation & Relaxation] (9:40AM – 10:20AM)	BACE [Mat Pilates] (9:40AM – 10:20AM)	Shred It [Gym/Circuit/Tabata] (9:40AM – 10:20AM)	BrainFit [Seated Body & Brain Moves] (9:40AM – 10:20AM)	
10.20am			GentleFLOW (10.20–11.00AM)			
11.20am		Reform'r BACE *EXTRA FEE* (11.20AM – 12noon)		Reform'r BACE *EXTRA FEE* (11.20AM – 12noon)		
4.00pm			Reform'r BACE *EXTRA FEE* (4.00PM – 4.40PM)			
5.00pm	Sweat & Swim (5:00PM – 5.40PM)	HydroFit (5:00PM – 5.40PM)		Reform'r BACE *EXTRA FEE* (5.00PM – 5.40PM)		
		Teens Strength & Fitness (5:15PM – 6:00PM)	HydroFit (5:30PM – 6.10PM)			
6.00pm	Shred It (6.00PM – 6.40PM)	Shred It (6.00PM – 6.40PM)	Shred It (6.00PM – 6.10PM)	Shred It (6.00PM – 6.40PM)		
	Reform'r BACE *EXTRA FEE* (6.00PM – 6.40PM)	Reform'r BACE *EXTRA FEE* (6.00PM – 6.40PM)		HydroFit (6:00PM – 6.40PM)		



* PRICING OPTIONS *

Membership: \$20/week (Minimum sign-up 2 x Therapy Terms)

Casual: \$15/class | \$120/10 class pass

*Extra Fee \$5/class – for all Reform'r BACE

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