

# oxigengroupfitness

## class numbers

if class numbers consistently fall below 8 participants, the class will be put under review for 2 weeks. if the numbers remain low, the class will be removed from the timetable. classes under review will say so on the designated timetables outside the studios.

## short term courses

short term courses run throughout school terms. keep posted for times and dates in our newsletter or online [www.oxigenfitness.com.au](http://www.oxigenfitness.com.au)

## group pt

crossfit and trx classes are limited to members with these programs included in their membership. casual fees apply to members without this inclusion. please see reception if you are unsure.



## oxigentimetable

### morning sessions

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6.00am	<ul style="list-style-type: none"> <li>cardio beat</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>bodypump</li> <li>crossfit (mobility)</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>cardio beat</li> <li>crossfit</li> </ul>		
7.00am			<ul style="list-style-type: none"> <li>crossfit</li> </ul>			<ul style="list-style-type: none"> <li>crossfit</li> </ul>	
8.30am					<ul style="list-style-type: none"> <li>trx lbt</li> </ul>	<ul style="list-style-type: none"> <li>rpm (1 hour)</li> <li>bodypump</li> <li>reformer (8.15am)</li> </ul>	
9.15am	<ul style="list-style-type: none"> <li>reformer</li> <li>bodyattack</li> </ul>	<ul style="list-style-type: none"> <li>bodypump</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>young at heart</li> <li>crossfit/trx</li> </ul>	<ul style="list-style-type: none"> <li>zumba</li> <li>boxing</li> </ul>	<ul style="list-style-type: none"> <li>bodystep</li> <li>rpm</li> <li>young at heart</li> </ul>	<ul style="list-style-type: none"> <li>reformer</li> <li>bodyattack (9.30am)</li> </ul>	
10.15am	<ul style="list-style-type: none"> <li>young at heart</li> <li>rpm</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>yoga</li> <li>zumba</li> </ul>	<ul style="list-style-type: none"> <li>yoga</li> </ul>	<ul style="list-style-type: none"> <li>bodypump</li> <li>yoga/pilates</li> </ul>	<ul style="list-style-type: none"> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>yoga (10.30am)</li> </ul>	<ul style="list-style-type: none"> <li>pilates</li> </ul>

### afternoon sessions

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
4.30pm	<ul style="list-style-type: none"> <li>core blast</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>		<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>			
5.00pm	<ul style="list-style-type: none"> <li>circuit</li> </ul>	<ul style="list-style-type: none"> <li>core blast</li> </ul>	<ul style="list-style-type: none"> <li>bodystep</li> </ul>				
5.30pm	<ul style="list-style-type: none"> <li>bodystep</li> <li>pilates</li> <li>trx extreme</li> </ul>	<ul style="list-style-type: none"> <li>bodyattack</li> <li>pilates</li> </ul>	<ul style="list-style-type: none"> <li>rpm (1 hour)</li> <li>bodypump</li> </ul>	<ul style="list-style-type: none"> <li>boxing</li> <li>reformer</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>zumba</li> <li>crossfit</li> </ul>		
6.30pm	<ul style="list-style-type: none"> <li>rpm</li> <li>bodypump</li> </ul>	<ul style="list-style-type: none"> <li>boxing</li> <li>zumba</li> </ul>	<ul style="list-style-type: none"> <li>yoga</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>crossfit</li> </ul>			