

CENTRAL PARK FITNESS CLASS TIMETABLE

MONDAY

Abs & core:	7am – 7.30am
BWS**:	11am – 11.45am
WOW*:	12pm – 12.45pm
HIIT:	5.30pm – 6.15pm

TUESDAY

Boxing for fitness:	6:30am – 7:15am
Spin/Cycle:	11am – 11.45am
Cardio circuit:	12pm – 12.45pm
WOW*:	5.30pm – 6.15pm

Opening hours & contact:

Mon — Thu: 6am-8pm, Fri: 6am-7pm / Direct tel: 08 9481 3207
fitness.centre@centralparktower.com.au

WEDNESDAY

HIIT:	6.30am – 7.15am
Combo class:	11am – 11.45am
Strength:	12pm – 12.45pm
Yoga with a view:	12pm – 12.45pm
Boxing for fitness:	5.30pm – 6.15pm

THURSDAY

Early bird circuit:	6.30am – 7am
Cardio circuit:	12pm – 12.45pm
Spin/Cycle:	5.30pm – 6.15pm

FRIDAY

Yoga with a view:	7am – 8am
Boxing for fitness:	11am – 11.45am
BWS**:	12pm – 12.45pm
Strength:	5.30pm – 6pm

* Workout of the week

** Strength, mobility and flexibility



CENTRAL
PARK

