



Plus Fitness 24/7 Banksia Grove Class Timetable

UNLIMITED X-CELL CLASSES
ONLY \$3 PER WEEK

SPRING 2020

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30 AM							
6:00 AM	X-CELL SHRED		PLUS fitness 24/7 LEGS BUNS & GUNS				
8:00 AM							
9:15 AM	X-CELL SHRED	X-CELL CORE	PLUS fitness 24/7 LEGS BUNS & GUNS	X-CELL H.I.I.T	X-CELL SHRED	SATURDAY SURPRISE	
AFTERNOON							
4:00 PM	PLUS fitness 24/7 TEEN FITNESS		PLUS fitness 24/7 TEEN FITNESS				
5:30 PM							
6:00 PM	X-CELL SHRED	X-CELL CORE	PLUS fitness 24/7 LEGS BUNS & GUNS	X-CELL H.I.I.T			
7:00 PM							

**Please
Remember:**

- Classes access card must be presented to the instructor or reception at check-in for each class
- We recommend booking to avoid disappointment—places are limited. Bookings can be made via club reception or our webpage. Bookings can also be made via the Plus Fitness App—available free via the App Store & Google Play store
- Access, Services, times & conditions may change depending on location—check with your local club prior to joining
- Some classes may incur additional charges—Master classes