

GROUP X FITNESS CLASSES

LANE COVE GYM

LANECOVE@NORTHSHOREGYM.COM.AU



OUR HISTORY - YOUR FUTURE

NORTH SHORE GYM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00AM	BOXING	LOGAN'S BODYPUMP		YOGA	BOXING	7:00AM	BOXING	
8:30AM					PILATES	8:30AM	LOGAN'S BODYPUMP	
9:00AM	LOGAN'S CXWORX					9:00AM		LOGAN'S BODYPUMP
9:30AM	LOGAN'S BODYPUMP	ZUMBA	LOGAN'S BODYATTACK	PILATES	STEPMOVES	9:30AM	LOGAN'S BODYATTACK	
9:40AM						10:00AM	SYNRGY360	LOGAN'S CXWORX
10:00AM					BUTTBUSTER	10:30AM	YOGA 90 mins	YOGA
10:10AM								
10:30AM	YOGA	LOGAN'S BODYPUMP	YOGA	LOGAN'S BODYPUMP	POWER YOGA			
11:30AM		SYNRGY360		SYNRGY360				
12:30PM		PILATES						
1:00PM		LOGAN'S BODYPUMP		YOGA 45 mins				
5:30PM	LOGAN'S BODYPUMP	LOGAN'S CXWORX						
	SYNRGY360	POWER YOGA	ZUMBA	LOGAN'S BODYCOMBAT	LOGAN'S BODYPUMP	4:00PM	ABT 45 mins	LOGAN'S BODYPUMP
6:10PM						5:00PM		CARDIO/CORE
6:30PM	LOGAN'S BODYATTACK	SYNRGY360						
7:00PM		LOGAN'S BODYCOMBAT	LOGAN'S BODYPUMP	LOGAN'S CXWORX				
7:30PM	LOGAN'S BODYBALANCE			SYNRGY360				
		PILATES	BOXING	LOGAN'S BODYBALANCE				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00AM	SPIN		SPIN		SPIN	8:15AM	SPIN	
8:45AM						8:45AM		SPIN
9:30AM	SPIN	SPIN		SPIN		5:00PM	SPIN	
6:00PM		SPIN		SPIN				

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NORTH SHORE GYM APP

