

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING 5am - 12pm	6:15 - 7:00 Studio	SPIN Christine		6:15 - 7:15 Studio	SPIN Christine		6:15 - 7:00 Studio	SPIN Christine	8:00 - 8:45 Studio	SPIN Christine					
	9:30 - 10:15 Functional Zone	CIRCUITS Parry	9:30 - 10:15 Studio	SPIN Christine	9:30 - 10:15 Studio	ABS BLAST Parry	9:30 - 10:15 Studio	SPIN Mat W	9:30 - 10:15 Studio	STRENGTH & TONE Mat W	9:00 - 10:00 Functional Zone	BODY BLITZ Darren	10:00-11:00 Studio	YOGA Lisa	
			10:15-11:00 Functional Zone	STRONGHER Sarah			10:15 - 11:00 Studio	PILATES Mat W	10:15 - 11:00 Studio	HIIT & ABS Mat W	10:00 - 11:00 Studio	ZUMBA Seya			
			10:30 - 11:30 Functional Zone	BOOTCAMP Darren											
EVENING 5pm - 10pm	18:00 - 18:45 Functional Zone	BOOTCAMP	18:00 - 18:45 Studio	SPIN Mat W	18:45 - 19:30 Studio	SPIN Christine	18:00 - 18:45 Studio	STEP AEROBICS Christine	17:45 - 18:30 Studio	SPIN Christine					
	17:30 - 18:15 Studio	SPIN Traceii	18:00 - 19:00 Functional Zone	STRONGHER Sarah	18:30 - 19:45 Functional Area	STRONGHER Sarah	18:00 - 19:00 Functional Zone	HIIT Darren	18:30 - 19:15 Studio	DanceFit					
	18:45 - 19:45 Studio	ZUMBA Seya	19:00 - 20:00 Functional Zone	BOOTCAMP Darren	19:30 - 20:30 Studio	YOGA Lisa	19:00 - 20:00 Functional Zone	BOOTCAMP Darren							
			19:00 - 19:45 Studio	PILATES Mat W			18:45 - 19:45 Studio	Legs Bums Tums Christine							

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.

THIS TIMETABLE MAY BE SUBJECT TO CHANGE.