

GROUP FITNESS 1 - UPSTAIRS (MEZZANINE)

TME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	BODY PUMP <i>Chris</i>		BOXERCISE <i>Laura</i>		BODY PUMP <i>Mary</i>		
8.00am						BODY PUMP TECHNIQUE CLASS*	
8.30am	EZYFIT <i>Dorothy</i>		EZYFIT <i>Lauryn</i>		EZYFIT <i>Dorothy</i>	BODY PUMP <i>Michael</i>	SKATE CONDITIONING
9.30am	BODY PUMP <i>Trish</i>	BOXERCISE <i>Pete</i>	BODY PUMP <i>Joanne</i>	AB/BUTTS <i>Dorothy</i>	BODY PUMP <i>Chris</i>	BODY COMBAT <i>Michael</i>	FITNESS TESTING *
10.30am			CIRCUIT <i>Laura</i>	STRETCH & TONE (30mins) <i>Dorothy</i>	ENERGY EXPRESS (1/2 Hr) <i>Chris</i>		
4.30pm			TAE-KWON DO				
5.00pm	STRETCH & TONE (1hr) <i>Dorothy</i>			BODY TONE <i>Laura</i>			
6.00pm	BODY PUMP <i>Juan</i>	ABS/BUTTS <i>Kelly</i>	CIRCUIT <i>Laura</i>	BOXERCISE <i>Pete</i>	BODY PUMP <i>Deb</i>		
7.00pm	BODY COMBAT <i>Juan</i>	BOXERCISE <i>Pete</i>	BODY PUMP <i>Lydna</i>	MEGA DANZ <i>Deb</i>			

* First weekend of each month - bookings necessary

GROUP FITNESS 2 - DOWNSTAIRS (CYCLE STUDIO)

TME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		RPM <i>Mark</i>		RPM <i>Mark</i>			
8.30am						RPM <i>Joanne</i>	
9.30am		SPIN <i>Chris</i>			RPM <i>Kimberly</i>	PILATES <i>Natalie</i>	
10.30am	SPIN <i>Trish</i>		RPM <i>Joanne</i>				
5.00pm			SPIN <i>Kimberly</i>				
6.00pm	RPM <i>Kimberly</i>	RPM <i>Mark</i>	SPIN <i>Kimberly</i>	RPM <i>Joanne</i>	RPM <i>Mark (1hr)</i>		
7.00pm	SPIN <i>Kimberly</i>	RPM <i>Mark</i>	PILATES <i>Natalie</i>				