






MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
EARLY MORNING																				
			06:45 07:30	SPIN	STUDIO 2															
			★	CAROLINE																
MID MORNING																				
09:30 10:00	POWER SPIN	STUDIO 2	09:15 10:15	CLUBBERCISE	STUDIO 1	09:30 10:15	POWER SPIN	STUDIO 2	09:40 10:10	POWER SPIN	STUDIO 2	09:30 10:30	CLUBBERCISE	STUDIO 1	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2
★	JOE			JOANNA		★	DARREN		★	NADINE			JESSICA		★	DARREN		★	CAROLINE	
10:10 11:10	BODYPUMP	STUDIO 1	10:20 11:05	BODY TONE	STUDIO 1	10:30 11:30	PILATES	STUDIO 1	10:20 11:05	BODYPUMP	STUDIO 1	10:30 11:10	CORE CONDITIONING	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1
	KIM			JESSICA			SARA			NADINE			JESSICA			DARREN / JOE			CAROLINE	
11:15 12:00	MATURE MOVERS	STUDIO 1							11:15 12:15	SWEAT YOGA	STUDIO 1	11:15 12:00	MATURE MOVERS	STUDIO 1	11:30 12:30	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1
	JESSICA									SARA			JESSICA			ANGIE			ANGIE	
LUNCH																				
12:15 13:00	BOOT CAMP	MAIN GYM				12:15 13:00	BOOT CAMP	MAIN GYM	12:15 13:00	BOOT CAMP	MAIN GYM	12:15 13:00	BOOT CAMP	MAIN GYM						
	ANGELO						ANGELO			ANGELO			ANGELO							
EVENING																				
17:45 18:45	BODYPUMP	STUDIO 1	17:55 18:55	ZUMBA	STUDIO 1	17:45 18:30	KETTLEBELLS	STUDIO 1	17:40 18:40	CLUBBERCISE	STUDIO 1	17:30 18:30	YOGA	STUDIO 1						
	CAROLINE			ROBERTO			DARREN			JESSICA			MARIE							
19:15 20:00	SPIN	STUDIO 2	18:15 18:45	POWER SPIN	STUDIO 2	18:30 19:00	CORE CONDITIONING	STUDIO 1	18:00 18:30	SPIN	STUDIO 2	18:30 19:30	BOOT CAMP	STUDIO 1						
★	DARREN		★	CAROLINE			DARREN		★	CAROLINE			DARREN							
18:45 19:45	HATHA YOGA	STUDIO 1	19:15 20:15	SWEAT YOGA	STUDIO 2	17:30 18:30	PILATES	STUDIO 2	18:45 19:45	BODYPUMP	STUDIO 1									
	KATE		★	SARA		★	ANGIE			CAROLINE										
			19:00 20:00	INSANITY	STUDIO 1	18:45 19:30	SPIN	STUDIO 2	19:00 20:00	PILATES	STUDIO 2									
				CAROLINE		★	MAXINE		★	SARA										
						19:00 20:00	BOOT CAMP	STUDIO 1												
							DARREN													

GROUP EXERCISE TIMETABLE

TABLE KEY		DANCE FITNESS		AEROBIC FITNESS
		MIND & FLEX STRECH		STRENGTH & CONDITION
		MIXED	★	BOOK AT RECEPTION