





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

# GROUP EXERCISE TIMETABLE

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