

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY																				
EARLY MORNING																																						
			06:45 07:30	SPIN	STUDIO 2	06:15 06:45	GRIT STRENGTH							06:45 07:30	SPIN	STUDIO 2																						
			★	CAROLINE			POPPY							★	CAROLINE																							
MID MORNING																																						
09:20 09:50	POWER SPIN	STUDIO 2	09:15 10:15	CLUBBERCISE	STUDIO 1	09:30 10:15	POWER SPIN	STUDIO 2	09:30 10:00	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	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2			
★	NADINE		★	JOANNA		★	DARREN		★	CAROLINE		★	JESSICA		★	DARREN		★	CAROLINE		★	CAROLINE		★	CAROLINE		★	CAROLINE		★	CAROLINE		★	CAROLINE		★	CAROLINE	
10:00 11:00	BODYPUMP	STUDIO 1	10:20 11:05	BODY TONE	STUDIO 1	10:30 11:30	PILATES	STUDIO 1	10:10 11:00	BODYPUMP	STUDIO 1	10:30 11:10	ABS BLAST	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1
	KIM			JESSICA			SARA			CAROLINE			JESSICA		ANGELO / JOE			ANGELO / JOE			CAROLINE			CAROLINE			CAROLINE			CAROLINE			CAROLINE			CAROLINE		
11:15 12:00	MATURE MOVERS	STUDIO 1							11:15 12:15	YOGA	STUDIO 1	11:15 12:00	MATURE MOVERS	STUDIO 1	11:30 12:30	PILATES	STUDIO 1	11:30 12:30	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1
	JESSICA									SARA			JESSICA		ANGIE			ANGIE																				

EVENING					
17:45 18:45	BODYPUMP	STUDIO 1	17:55 18:55	ZUMBA	STUDIO 1
★	CAROLINE			ROBERTO	
18:00 18:30	HIT CARDIO	STUDIO 2	18:15 18:45	POWER SPIN	STUDIO 2
★	ANGELO		★	CAROLINE	
18:55 19:55	HATHA YOGA	STUDIO 1	19:15 20:15	YOGA	STUDIO 2
	TINA		★	SARA	
19:15 20:00	SPIN	STUDIO 2	19:00 19:30	GRIT STRENGTH	STUDIO 1
★	DARREN			CAROLINE	
			19:30 20:00	GRIT	STUDIO 1
				CAROLINE	

18:00 18:30	ABS BLAST	STUDIO 2	17:40 18:40	CLUBBERCISE	STUDIO 1
★	ANGELO			JESSICA	
17:45 18:45	PILATES	STUDIO 1	18:00 18:30	SPIN	STUDIO 2
	JANICE		★	CAROLINE	
19:00 20:00	BOOT CAMP	STUDIO 1	18:45 19:45	BODYPUMP	STUDIO 1
	DARREN		★	CAROLINE	
			19:00 20:00	PILATES	STUDIO 2
			★	SARA	

18:00 18:45	KETTLEBELLS	STUDIO 2	18:30 19:30	BOOT CAMP	STUDIO 1
★	ANGELO			DARREN	

17:30 18:30	YOGA	STUDIO 1	18:30 19:30	BOOT CAMP	STUDIO 1
	MARIE			ANGELO	

17:45 18:45	BODYPUMP	STUDIO 1	18:00 19:00	PILATES	STUDIO 2
★	CAROLINE		★	SARA	

GROUP EXERCISE TIMETABLE

WINTER - SPRING

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