

	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
MONDAY	5:15			BOOT CAMP (45) Katrina
	5:45		PILATES (60) Chris	
	6:00	DASH (30) Brenda		
	9:00		LIFT (45) Shay	
	10:00		PILATES (60) Kim	
	17:15	DASH (30) Brenda		
	17:45		GLUTES AND CORE (45) Katrina	
	18:45		YOGA (60) Leah	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
TUESDAY	5:15			BOOT CAMP (45) Grace E
	6:00		CIRCUIT (45) Brenda	
	8:30	DASH (30) Brenda		
	9:00		CIRCUIT (45) Grace L	BOXFIT (45) Jim
	10:00		YOGA (60) Kate	
	17:30	RIDE (45) Brenton		
	18:15		STRETCH & RELEASE (60) Jesse	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
WEDNESDAY	5:15			BOOT CAMP (45) Katrina
	5:45	RIDE (45) Chris		
	6:00		LIFT (45) Grace L	
	8:00			Mature Movers (45) Hugh
	9:00		GLUTES & CORE (45) Katrina	
	17:15	DASH (30) Brenda		
	18:00		YOGA (60) Toni	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
THURSDAY	5:15			STRENGTH & MOBILITY (45) Georgia
	5:30	DASH (30) Brenda		
	6:15		CARDIO HIIT (30) Brenda	
	9:00		LIFT (45) Grace L	
	10:00		PILATES (60) Brie	
	17:30	DASH (30) Brenda		
	18:15		STRETCH & RELEASE (60) Jesse	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
FRIDAY	5:15			BOOT CAMP (45) Grace E
	6:00		BODY BLAST (60) Brenda	
	8:30	DASH (30) Amy		
	9:00			BOXFIT (45) Jim
	9:15		PILATES (60) Amy	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
SATURDAY	6:45	RIDE (45) Robyn		
	7:45		CIRCUIT (45) Grace E	
	9:00		YOGA (60) Kate	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
SUNDAY	8:30	DASH (30) Brenda		