

	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
M O N D A Y	5:00			
	6:00	DASH (30) Chris		
	8:00			
	9:15	RIDE (45) Chris	LIFT (45) Laura	
	10:30		PILATES (60) Chris	
	17:30		CORE (30) May	
	18:00	DASH (30) Brenda		
	18:15		GLUTES AND CORE (45) Katrina	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
T U E S D A Y	5:00			BOOT CAMP (45) Katrina
	5:30	RIDE (45) Alicia	CARDIO HIIT (30) Brenda	
	6:15		B BARLESS (60) Chris	
	9:15		CIRCUIT (45) Chris	
	10:15		YOGA (60) Cheena	
	16:45		CARDIO HIIT (30) Laura	
	17:30		SUSPENSION (45) Laura	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
W E D N E S D A Y	5:00			GLUTES AND CORE (45) Katrina
	5:45		STRENGTH ENDURANCE (45) Alicia	
	6:00	RIDE (45) Chris		
	9:15	DASH (30) Laura		
	17:30	DASH (30) Brenda		
	18:15		YOGA (60) Cheena	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
	5:00			BOOT CAMP (45) Katrina
	5:30	DASH (30) Brenda		
	5:45		STRENGTH ENDURANCE (45) Alicia	
	9:00		PILATES (60) Sylviane	
	17:00		CARDIOHIIT (30) Laura	
	17:45	DASH (30) Brenda	LIFT (45) Laura	

	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
FRIDAY	5:00			LIFT AND ROW (45) May
	6:00	DASH (30) Alicia	B BARLESS (60) Chris	
	8:00		PILATES (60) Chris	
	9:15	RIDE (45) Chris	BOXFIT (45) May	
	11:30			
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
SATURDAY	6:00			
	7:30	RIDE (45) Chris		
	8:30		CARDIO HIIT (30) Chris	
	9:15			
	10:00			
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
SUNDAY				