

4 - 17 JANUARY

	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
M O N D A Y	6:00	DASH (30) Chris		
	9:00	RIDE (45) Chris		
	10:00		PILATES (60) Chris	
	17:15	DASH (30) Brenda		
	18:00		GLUTES AND CORE (45) Katrina	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
T U E S D A Y	5:30	RIDE (45) Sara		
	6:00		CIRCUIT (45) Chris	
	9:00		CIRCUIT (45) Chris	
	17:15	DASH (30) Brenda		
	18:00		CARDIO HIIT (30) Brenda	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
W E D N E S D A Y	6:00	RIDE (45) Chris	STRENGTH ENDURANCE (45) Alicia	
	9:00		GLUTES & CORE (45) Katrina	
	17:15	DASH (30) Brenda		
	18:00		YOGA (60) Cheena	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
T H U R S D A Y	5:15	DASH (30) Brenda		
	6:00		CARDIO HIIT (30) Brenda	
	9:00		PILATES (60) Sylviane	
	17:00		STRENGTH ENDURANCE (45) Alicia	
	18:00	DASH (30) Brenda	GLUTES & CORE (45) Katrina	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
F R I D A Y	6:00	RIDE (45) Sara	B BARLESS (60) Chris	
	8:00		PILATES (60) Chris	
	9:00		BOXFIT Jim(45)	
	9:15	DASH (30) Chris		
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
S A T U R D A Y	7:00	RIDE (45) Chris		
	8:00		CIRCUIT (45) Chris	
	9:00		YOGA (60) Kate	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
S U N D A Y				