

	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
MONDAY	5:15			BOOT CAMP (45) Alicia
	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	
TUESDAY	5:15	RIDE (45) Sara		BOOT CAMP (45) Alicia
	6:00		CIRCUIT (45) Chris	
	9:00		CIRCUIT (45) Chris	
	10:00		YOGA (60) Kate	
	17:15	DASH (30) Brenda		
	18:00		CARDIO HIIT (30) Brenda	
WEDNESDAY	5:15			BOOT CAMP (45) Katrina
	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	
THURSDAY	5:15	DASH (30) Brenda		WARRIOR TRAINING (45) Shaun
	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	
FRIDAY	5:15			LIFT & ROW (45) May
	6:00	RIDE (45) Sara	B BARLESS (60) Chris	
	8:00		PILATES (60) Chris	
	9:00		BOXFIT (45) May	
	9:15	DASH (30) Chris		
SATURDAY	7:00	RIDE (45) Chris		
	8:00		CARDIO HIIT (30) Chris	
	9:00		YOGA (60) Cheena	
SUNDAY	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR