

	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
M O N D A Y	5:15			BOOT CAMP (45) Alicia
	6:00	DASH (30) Brenda	CIRCUIT (45) Grace	
	9:05		LIFT (45) Loui	
	10:00		PILATES (60) Zoe	
	17:15	DASH (30) Brenda		
	17:45		GLUTES AND CORE (45) Katrina	
	18:45		YOGA (60) Leah	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
T U E S D A Y	5:15			BOOT CAMP (45) Alicia
	6:00		CIRCUIT (45) Brenda	
	8:30	CYCLE BEATS (30) Brenda		
	9:00		CIRCUIT (45) Grace	BOXFIT (45) Jim
	10:00		YOGA (60) Kate	
	15:45			O2 KIDZ (45) Grace
	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	5:15			BOOT CAMP (45) Katrina
	5:45	RIDE (45) Chris		
	6:00		CIRCUIT (45) Grace	
	8:00			Mature Movers (45) Hugh
	9:00		GLUTES & CORE (45) Katrina	
	17:15	CYCLE BEATS (30) Brenda		
	18:00		YOGA (60) Cara	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
T H U R S D A Y	5:15	DASH (30) Brenda		WARRIOR TRAINING (45) Shaun
	6:00		CARDIO HIIT (30) Brenda	
	8:30	DASH (30) Alicia		
	9:00		LIFT (45) Grace	
	10:00		PILATES (60) Isabella	
	15:45			O2 KIDZ (45) Grace
	17:00		CIRCUIT (45) Grace	
	17:30	DASH (30) Brenda		
	18:00		GLUTES & CORE (45) Katrina	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
F R I D A Y	5:15			BOOT CAMP (45) Alicia
	6:00	RIDE (45) Sara	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
S A T U R D A Y	7:00	RIDE (45) Chris		
	8:00		CIRCUIT (45) Chris	
	9:00		VINYIN YOGA (60) Kate	
	TIME	STUDIO ONE	STUDIO TWO	GYM FLOOR
S U N D A Y	8:30	DASH (30) Brenda		