

MAIN STUDIO

TIME	MON 18th	TUE 19th	WED 20th	THU 21st	FRI 22nd	SAT 23rd	SUN 24th
6.05am			HIIT Ben		METAFIT JOHN		
8.15am						CIRC-HIIT Pete	
9.15am	BODY PUMP Denise	THT Gizelle		ZUMBA GOLD Lauren		BODYPUMP Kylie	
10.30am	CIRC-HIIT Pete		BODY PUMP Kylie				
5.30pm		5pm CIRC-HIIT Pete		BODY PUMP Allison	ZUMBA Lauren		
6.35pm		BODYSTEP Louise	SH'BAM Cathy F				

WELLBEING STUDIO

TIME	MON 18th	TUE 19th	WED 20th	THU 21st	FRI 22nd	SAT 23rd	SUN 24th
6.05am				PILATES Meredith			
9.20am	Yoga Lee	BODYBALANCE Jenny		PILATES Carol S	BODYBALANCE Jenny	PILATES Carol S	BODY BALANCE Carole S
10.35am	PILATES Cathy F	Yoga Lee		BARRE SCULPT Meredith			PILATES Carole S
6.15pm			BODYBALANCE Jenny				
7.15pm				BODYBALANCE Denise			

CYCLE STUDIO

TIME	MON 18th	TUE 19th	WED 20th	THU 21st	FRI 22nd	SAT 23rd	SUN 24th
6.05am		RPM Pete					
9.20am			CYCLE Xpress Kylie		CYCLE Xpress Kylie	CYCLE Pete	
6.00pm	CYCLE John	CYCLE Pete					
7.00pm			RPM Carleigh				

AQUA CLASSES

TIME	MON 18th	TUE 19th	WED 20th	THU 21st	FRI 22nd	SAT 23rd	SUN 24th
8.00am		50M AQUAFIT Carissa					
9.00am					WWPP Bronwyn		
10.00am		WWPP AQUAFIT Carissa		50M AQUAFIT Carole R			
6.00pm			WWPP AQUAFIT Amy				
7.00pm				WWPP AQUAFIT Carissa			