

MON	TUE	WED	THU	FRI	SAT	SUN
6:40-7:10 SPIN Emma	6:40-7:10 CIRCUIT Jason	6:40-7:10 SPIN Ian	6:40-7:10 HIIT Gym Team	6:40-7:10 SPIN Emma		
7:30-8:15 KUNDALINI Jenna		7:15-7:45 CORE & MORE Ian				
8:30-9:15 STRENGTH & CORE Cathy	8:30-9:10 TOTAL TONE Helen	8:30-9:15 TOTAL TONE Helen	8:35-9:20 FITNESS PILATES Helen	8:30-9:15 BEG PILATES Tracy	8:30-9:30 YIN Sharon	8:30-9:15 PILATES Ena
8:45-9:15 SPIN Jill	8:45-9:15 SPIN Jill					
9:30-10:15 SPIN Julie	9:15-9:55 FITNESS PILATES Helen	9:15-10:15 YOGA Lindsay	9:30-10:15 SPIN Jill	9:30-10:15 BARRE Tracy	9:45-10:30 ZUMBA Louise H	9:30-10:15 CIRCUIT Ena
9:30-10:15 MOTIVATOR Jill		9:30-10:15 SPIN Helen	9:30-10:30 YOGA Lindsay	9:30-10:15 SPIN Julie		
10:00-11:15 HATHA Craig	10:00-10:40 FITNESS PILATES Helen	9:30-10:15 BODY PUMP Louise S	9:30-10:15 TOTAL TONE Helen	9:30-10:15 TOTAL TONE Helen		
10:30-11:15 LADIES LIFTING Ashley	10:30-11:30 YIN Sharon	10:30-11:15 CLASSICAL PILATES Tracy	10:30-11:15 LBT Jill	10:30-11:00 LBT Helen	10:00-10:45 RIG Gym Team	10:30-11:00 SPIN Ena
10:35-11:20 PILATES Laura J	10:30-11:15 AQUACISE Laura G			10:30-11:15 AQUACISE Jill	10:30-11:15 SPIN Louise S	
11:30-12:30 SOMATIC FLOW Penny	11:45-12:45 QIGONG Sharon	11:30-12:30 BREATH CENTRED Sharon	11:30-12:30 SOMATIC FLOW Penny		10:50-11:05 STRETCH Gym Team	11:05-11:20 ABS Gym Team
	11:45-12:30 DECADES Jill					
17:45-18:45 BEGINNER YOGA Lindsay						
18:00-18:45 SPIN Sophie	18:15-19:00 PILATES Ena	18:00-19:00 ROCKET VINYASA Sarah	18:00-18:45 BODY PUMP Ashley	18:00-18:45 LADIES LIFTING Gym Team		
18:00-18:45 MOTIVATOR Jill	18:15-19:15 HATHA Craig	18:00-18:30 SPIN Jill	18:00-18:45 SPIN Louise S		HIGH ENERGY	
	18:30-19:15 RIG Gym Team	18:00-18:45 HIIT STEP Sophie			STRENGTH & CONDITIONING	
					HOLISTIC	
19:00-19:45 BEGINNER PILATES Ena	19:15-20:00 LINE DANCING Louise H	19:00-19:45 ZUMBA Louise H	19:00-19:45 DECADES Louise H		INDOOR CYCLING	
	19:15-20:00 SPIN Julie	19:30-20:30 BREATH CENTRED Sharon	19:15-20:00 VINYASA Stephannie		POOL	