

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
EARLY RISERS	5:30AM		SPIN RUSTY	Les Mills BODYPUMP KELLY	Les Mills sprint MARDI		
	6:00AM	X-TRAIN RUSTY			X-TRAIN RUSTY		
	7:30AM	GENTLE X-TRAIN TANIA	PULSES JULES	ZUMBA gold TANIA	PULSES JULES		
	8:00AM				GENTLE X-TRAIN TANIA	SPIN CORE RUSTY	
MORNINGS	8:30AM	ACTIVE ABT TANIA	PILATES MARINA	YOGA CARLA			
	9:00AM					YOGA JEN	
	9:30AM	Les Mills BODYPUMP SUNDAY	X-TRAIN Miss SUNDAY	BOXING RUSTY	Les Mills BODYPUMP DEB	ACTIVE ABT CANDY	
	10:00AM					X-TRAIN TANIA	
	10:30AM	YOGA CARLA	Les Mills BODYBALANCE Miss SUNDAY		Les Mills BODYBALANCE Miss SUNDAY		
	5:30PM	SPIN CORE TANIA		ZUMBA fitness ZOE			
AFTERNOONS	6:00PM		Les Mills sprint MARDI	Les Mills sprint BEK			
	6:30PM	ZUMBA fitness ZOE	Les Mills BODYPUMP Miss SUNDAY	BOXING RUSTY	Les Mills BODYPUMP BRITT		
	7:30PM	YOGA CARLA	Les Mills BODYBALANCE Miss SUNDAY	YOGA CARLA	PILATES MARINA		



BLUE: Low Intensity / GREEN: Intermediate / RED: High Intensity