

EARLY RISERS

MORNINGS

AFTERNOONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
8:30AM	ACTIVE ABT TANIA	PILATES MARINA	YOGA CARLA			
9:00AM						YOGA JEN
9:30AM	LES MILLS BODYPUMP SUNDAY	X-TRAIN Miss SUNDAY	INTERVAL TRAINING DEB	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 MEL			
6:00PM		LES MILLS sprint BRITT		LES MILLS sprint BEK		
6:30PM	ZUMBA finest MEL	LES MILLS BODYPUMP Miss SUNDAY	BOXING RUSTY	LES MILLS BODYPUMP BRITT		
7:30PM	YOGA CARLA	LES MILLS BODYBALANCE Miss SUNDAY	YOGA CARLA	PILATES MARINA		



Intensity Colour Code



BLUE is for **LOW** intensity sessions. These classes are based on a slow moving but effective format.

GREEN is for **INTERMEDIATE** intensity training sessions. These classes are great for strength and conditioning with some weights and body resistance exercises.

RED is for **HIGH** intensity sessions. These classes are fast moving with high energy instructors. This class is for the fit at heart or those who just want to push their body to a new limit for that awesome feeling!