

Timetable for W/C 08.01.2018

MAIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 FITBOX Pete	6:00am BODYSHAPING Janene	6:00 FITBOX Pete	6:00am BOOT CAMP Nick	6:00am BODY SHAPING Janene	8:30 am BODY SHAPING Janene	8:30 am BOOT CAMP Nick
9:30 am CROSS TRAINING Andrew	9:00 am BODYSHAPING Michelle	9:30 ZUMBA Alfonso	9:30 am BODY SHAPING Janene	9:30 am AERO CIRCUIT Janene	9:30 am CARDIO BOX Andrew	9:30 am BODY SHAPING Nick
10:30 BODY SHAPING Janene	10:00 am PILATES Michelle	10:30 PILATES Janene	10:30 ZUMBA Alicia	10:30 ZUMBA Alfonso	10:30 am PILATES Janene	
	11:00 am ZUMBA Diana					
	12:30 pm Abs, Butts & Thighs Michelle	12:30 pm BODY SHAPING Michelle			3:30 pm ZUMBA Alicia	3:30 pm ZUMBA Silvia
4:45 pm YOGA (1 hr) Deb	4:45 pm BODYSHAPING Janene	5:00 pm CARDIO CROSS Andrew		5:00 pm BODYSHAPING Andrew	4:30 pm YOGA (75 min) Sonia	4:30 pm YOGA (75 min) Deb
5:45 pm STEP Andrew	5:45 pm PILATES – BALL Janene	5:45 pm BODY SHAPING Andrew (45 min)	5:30 pm ZUMBA Anderson	5:45 pm STEP Andrew		
6:30 pm ZUMBA Silvia	6:30 pm FATBURNER Nick	6:30 pm ZUMBA Silvia	6:30 pm BODY SHAPING Nick	6:30 pm ZUMBA Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm CARDIO BOX Andrew	7:30 BUTI YOGA Alicia	7:30 pm YOGA (75 min) Sonia			

MULTI PURPOSE ROOM

		6:00 am Bikes & Bands Janene		6:00 FITBOX Pete	8:30 am BOXING Andrew	
9:30 am AERO CYCLE Janene					9:30 am CYCLE Mary	10:30 am CYCLE CROSS Nick
			10:30 am YOGA Deb	10:30 am YOGA Jo		
6:30 pm BOXING Andrew		6:30 pm BOXING Andrew				