

Timetable for W/C 23.04.2018

MAIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 FITBOX Pete	6:00am BODYSHAPING Janene		6:00am BOOT CAMP Andrew.B	6:00am BODY SHAPING Janene	8:30 am BODY SHAPING Janene	8:30 am BOOT CAMP Andrew.B
9:30 am CROSS TRAINING Andrew	9:00 am BODYSHAPING Michelle		9:30 am BODY SHAPING Janene	9:30 am AERO CIRCUIT Janene	9:30 am CARDIO BOX Andrew	9:30 am BODY SHAPING Janene
10:30 BODY SHAPING Janene	10:00 am PILATES Michelle		10:30 Buti Yoga Alicia	10:30 ZUMBA Alfonso	10:30 am PILATES Janene	
	11:00 am ZUMBA Jorge		11:00 ZUMBA Alicia			
	12:30 pm Abs, Butts & Thighs Michelle	ANZAC DAY CLOSED FOB 24HRS			3:30 pm ZUMBA Jenny	3:30 pm ZUMBA Silvia
4:45 pm YOGA (1 hr) Deb	4:45 pm BODYSHAPING Janene			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		5:30 pm ZUMBA Anderson	5:45 pm STEP Andrew		
6:30 pm ZUMBA Silvia	6:30 pm FATBURNER Andrew		6:30 pm BODY SHAPING Janene	6:30 pm ZUMBA Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm CARDIO BOX Andrew		7:30 pm YOGA (75 min) Sonia			

MULTI PURPOSE ROOM

				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 Janene
			10:30 am YOGA Mary	10:30 am YOGA Jo		
6:30 pm BOXING Andrew						