













# Main Group Exercise Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am BODY SHAPING Janene	6:00 FITBOX Pete		6:00am BODY SHAPING Janene	8:30 am BODY SHAPING Janene	
9:30 am Cardio Box Ananda	9:00 am BODYSHAPING Michelle	9:30  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  Michelle	10:30  Janene	10:30 Buti Yoga Alicia	10:30  Alfonso	10:30 am  Janene	
	11:00 am  Jorge		11:00  Alicia			
	12:30 pm Abs, Butts & Thighs Michelle	12:30 pm BODY SHAPING Michelle				
					3:30 pm  Jenny	3:30 pm  Silvia
4:45 pm  Deb	4:45 pm BODYSHAPING Janene	5:00 pm CARDIO CROSS Andrew		5:00 pm BODYSHAPING Andrew	4:30 pm  Sonia	4:30 pm  Deb
5:45 pm STEP Andrew	5:45 pm  Janene ( Ball)	5:45 pm BODY SHAPING Andrew (45 min)	5:30 pm  Gilson	5:45 pm STEP Andrew		
6:30 pm  Sivia	6:30 pm FATBURNER Nick	6:30 pm  Jenny	6:30 pm BODY SHAPING Nick	6:30 pm  Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm CARDIO BOX Andrew	7:30 BUTI YOGA Alicia	7:30 pm  Sonia			

# Functional Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am FITBOX Pete	6:00 am ( 30 min )  Nick		6:00am BOOT CAMP Nick	6:00 am ( 60 min )  Nick		8:30 am BOOT CAMP Nick
	6:00 am ( 30 min )  Nick					
	9:30 am  Janene				8:00 am ( 30 min )  Nicole	
6:30 pm ( 60 min )  Laura	6:15 pm ( 45 min )  Sarah	6:00 pm ( 30 min )  Nick	6:15 ( 45 min )  Nicole			
				6:45 ( 45 min )  Nick		

# Multi Purpose Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6:00 FITBOX Pete	8:30 am BOXING Andrew	
9:30 am AERO CYCLE Janene					9:30 am CYCLE Ananda	10:30 am CYCLE CROSS Nick
			10:30 am  Deb	10:30 am  Deb		
6:30 pm BOXING Andrew		6:30 pm BOXING Andrew				