








Week commencing 14.01.2019



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  Alfonso	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 Janene
10:30 BODY SHAPING Janene	10:00 am  Michelle	10:30  Janene	10:30  Alicia	10:30  Alfonso	10:30 am  Janene	
	11:00 am  Simone					
	12:30 pm ABT Michelle	12:30 pm BODY SHAPING Michelle				
					3:30 pm  Jenny	3:30 pm  Simone
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  Silvia	6:30 pm FATBURNER Nick	6:30 pm  Jenny	6:30 pm BODY SHAPING Janene	6:30 pm  Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm CARDIO BOX Andrew	7:30 BUTI YOGA Veronica	7:30 pm  Sonia			

Functional Room

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

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 Janene	10:30 am CYCLE CROSS Janene
			10:30 am  Deb	10:30 am  Deb		
6:30 pm BOXING Andrew		6:30 pm BOXING Andrew				