

Timetable for week commencing 11.02.2019

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 ZUMBA Simone	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 Jorge					
	12:30 pm ABT Michelle	12:30 pm BODY SHAPING Michelle				
					3:30 pm ZUMBA Jenny	3:30 pm ZUMBA Silvia
4:45 pm yoga Deb	4:45 pm BODYSHAPING Janene	5:00 pm CARDIO CROSS Andrew		5:00 pm BODYSHAPING Andrew	4:30 pm yoga Albert (75min)	4:30 pm yoga Deb (75min)
5:45 pm STEP Andrew	5:45 pm PILATES Janene (Ball)	5:45 pm BODY SHAPING Andrew (45 min)	5:30 pm ZUMBA Gilson	5:45 pm STEP Andrew		
6:30 pm ZUMBA Silvia	6:30 pm FATBURNER Nick	6:30 pm ZUMBA Jenny	6:30 pm BODY SHAPING Nick	6:30 pm ZUMBA Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm ZUMBA Fabi	7:30 BUTI YOGA Veronica	7:30 pm yoga Albert (75min)			

Functional Room

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

Multi Purpose Room

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