

# Timetable for week commencing 11.03.2019



## 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 Alfonso	9:30 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	10:30 am  PILATES Michelle	10:30  PILATES Janene	10:30  ZUMBA Alicia	10:30  ZUMBA Alfonso	10:30 am  PILATES Janene	
	12:30 pm ABT Michelle	12:30 pm BODY SHAPING Michelle			3:30 pm  ZUMBA Fabi	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 Fabi	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)			

## THE RUSH ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am FITBOX Pete	6:00 am <b>RUSH</b> Nick		6:00am BOOT CAMP Nick	6:00 am <b>RUSH</b> Nick		8:30 am BOOT CAMP Nick
<b>RUSH</b>						
<p>A new class format that incorporates weights , functional training and cardio. Build strength , core stability and endurance. Experience the RUSH for yourself and burn calories faster !</p>						
	6:15 pm ( 45 min ) <b>RUSH</b> Sarah		6:15 ( 45 min ) <b>RUSH</b> Sarah			10:30 am <b>RUSH</b> Nick
		6:30( 60 min ) <b>RUSH</b> 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 Mary	
			10:30 am  yoga Deb	10:30 am  yoga Deb		
6:30 pm BOXING Andrew		6:30 pm BOXING Andrew				