

# Timetable for week commencing 13.05.2019



## Main Group Exercise Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am BODY SHAPING Janene	6:00 FITBOX Pete			8:30 am BODY SHAPING Janene	
9:30 am  Simone	9:30 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	10:30 am  Michelle	10:30  Janene	10:30  Belinda	10:30  Alfonso	10:30 am  Janene	
	12:30 pm ABT Michelle	12:30 pm BODY SHAPING Michelle				
					3:30 pm  Fabi	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  TBA ( 75min )	4:30 pm  Deb (75min )
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  Gloria	6:30 pm BODY SHAPING Nick	6:30 pm  Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm  Fabi	7:30pm  Albert (75min)	7:30 pm  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
<h3>RUSH</h3> <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>						
9:30 <b>RUSH</b> Janene						10:30 am <b>RUSH</b> Nick
	6:15 pm ( 45 min ) <b>RUSH</b> Sarah		6:15 ( 45 min ) <b>RUSH</b> Sarah			
		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 CYCLE Mary	
			10:30 am  Deb	10:30 am  Deb		
6:30 pm BOXING Andrew		6:30 pm BOXING Andrew				