Timetable for week commencing 03.06.2019

Group Exercise Room 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am FITBOX Pete	6:00am BODY SHAPING Janene		6:00am BOOT CAMP Nick	6:00 FITBOX Pete	8:30 am BODY SHAPING Janene	8:30 am BOOT CAMP Nick
9:30 am ZUMBA Simone	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
10:30am BODY SHAPING Janene	10:30 am PILATES Michelle	10:30 PILATES Janene	10:30am ZUMBA Belinda	10:30am 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 TBA (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 Gloria	6:30 pm BODY SHAPING Nick	6:30 pm ZUMBA Zita		
7:30 pm BODYSHAPING Andrew	7:30 pm ZUMBA Fabi	7:30pm yoga Albert (75min)	7:30 pm yoga Albert (75min)			

Group Exercise Room 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 am RUSH Nick	6:00am FITBOX Pete		6:00 am RUSH Nick		
					8:30 am BOXING Andrew	
9:30am RUSH Janene			10:30 am yoga Deb	10:30 am yoga Deb	9:30 am RUSH Janene	10:30 am RUSH Nick
		5:45pm (45min) RUSH Nick				
6:30 pm BOXING Andrew	6:15 pm (45 min) RUSH Sarah	6:30 pm BOXING Andrew	6:15 pm (45 min) RUSH Sarah			