

Timetable for week commencing 09.09.2019

Group Exercise Room 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------|--------------------------------------|--|-----------------------------------|-----------------------------------|-----------------------------------|---------------------------------|
| 4:00 am FITBOX Pete | 6:00am BODY SHAPING Janene | | | 4:00 FITBOX Pete | 8:30 am BODY SHAPING Janene | 8:30 am BOOT CAMP Nick |
| 9:30 am ZUMBA Alfonso | 9:30 am BODYSHAPING Deb | 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 POUND Deb | 10:30 am PILATES Sheera | 10:30 PILATES Janene | 10:30am ZUMBA Belinda | 10:30am ZUMBA Alfonso | 10:30 am PILATES Janene | |
| | 12:30 pm ABT Deb | 12:30 pm BODY SHAPING Deb | | | | |
| | | | | | 3:30 pm ZUMBA Barbara | 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 Grace | 4:30 pm yoga Deb |
| 5:45 pm STEP Andrew | 5:45 pm PILATES Janene (Ball) | 5:45 pm BODY SHAPING Andrew (45 min) | 5:30 pm ZUMBA Evelis | 5:45 pm STEP Andrew | | |
| 6:30 pm ZUMBA Silvia | 6:30pm POUND Deb | 6:30 pm ZUMBA Simone | 6:30 pm BODY SHAPING Nick | 6:30 pm ZUMBA Lauro | | |
| 7:30 pm BODYSHAPING Andrew | 7:30 pm ZUMBA Fabi | 7:30pm yoga Danika (75min) | 7:30 pm yoga Eriko (75min) | | | |

Group Exercise Room 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------|--|---------------------------------------|--|--------------------------------|---------------------------------|---------------------------------|
| | 6:00 am RUSH Nick | 6:00am FITBOX Pete | 6:00am BOOT CAMP Dasha | 6:00 am RUSH Nick | | |
| | | | | | 8:30 am BOXING Andrew | |
| 9:30am CYCLE Janene | | | 10:30 am yoga Deb | 10:30 am yoga Deb | 9:30 am RUSH Dasha | 10:30 am RUSH Nick |
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| 6:30 pm BOXING Andrew | 6:15 pm (45 min) RUSH Dasha | 6:30 pm BOXING Andrew | 6:15 pm (45 min) RUSH Sarah | | | |
| | | 7:30pm (45min) RUSH Nick | | | | |