

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am	GRIT STRENGTH 30min Kylie	BODYPUMP Tioita	BODYATTACK Kylie	BODYPUMP Jen	BF Box Fit Kelly F		
	6.00am eXpress CYCLE 30min Kelly F				6.35am HIT 30min Kelly F	7.00am GRIT STRENGTH 30min Karen	
9.10 am	AB Abs & Butt 20min Michaela	9.05am GRIT STRENGTH 30min Kelz	AB Washboard Abs 20min Michaela	9.05am BODYATTACK 30min Kelz	AB Washboard Abs 20min Kelz	7.35am eXpress CYCLE Dean 30min	7.15am BODYPUMP Rachael
9.35 am	BODYPUMP Tioita	BODYCOMBAT 45min Kelz	BODYPUMP 45min Kelz	ZUMBA 45min Lui	BODYCOMBAT Kelz	7.35am BODYCOMBAT 45min Caroline	8.20am BODYATTACK 45min Apple
	SC Studio Cycle 45min Michaela		SC Studio Cycle 45min Michaela	BOX BOOTCAMP 45min Kelz TURF	SC Studio Cycle 45min Melissa	8.15am Empire45 45min Jacob TURF	
	10.40am P Pilates Michaela	10.25am Y Yoga 45min Kelly-Anne	10.25am P Pilates 45min Michaela	10.25am Y Yoga Joanna	10.40am P Pilates 45min Melissa	8.25am BODYPUMP Nicole	8.25am eXpress CYCLE 30min Rachael
5.00 pm	AB Abs & Butt 30min Nicole	AB Washboard Abs 30min Rachael	5.15pm BODYCOMBAT 45min Maria	BODYPUMP 45min Sherrel		9.30am ZUMBA Minako	9.10am P Pilates Gloria
5.35 pm	BODYPUMP Nicole	BODYATTACK 45min Allison	6.00pm AB Washboard Abs 30min Rachael	5.45pm GRIT STRENGTH 30min Sherrel			
		SC Studio Cycle 45min Rachael	6.00pm Empire45 45min Jacob TURF				
6.35 pm	Y Yoga Kathlyn	ZUMBA Lui	BODYPUMP Rachael	6.20pm Y Yoga Kathlyn			

