



Spring/Summer 2017 – Commences 16 October

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	LES MILLS GRIT SERIES 30min Kylie	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK 45min Kylie	LES MILLS BODYPUMP Jen	BF Box Fit Kelly F		
	6.00am eXpress CYCLE 30min Kelly F				6.35am HIT 30min Kelly F	6.30am LES MILLS GRIT SERIES 30min Karen	
9.10am	AB Abs & Butt 20min Michaela	9.05am LES MILLS GRIT SERIES 30min Kelz	AB Washboard Abs 20min Michaela	ZUMBA FITNESS 45min Lui	AB Washboard Abs 20min Kelz	7.00am eXpress CYCLE 30min Dean	
9.35am	LES MILLS BODYPUMP Tioita SC Studio Cycle 45min Michaela	LES MILLS BODYCOMBAT 45min Kelz	LES MILLS BODYPUMP 45min Kelz SC Studio Cycle 45min Michaela	10.00am Y Yoga Johanna	LES MILLS BODYCOMBAT Kelz SC Studio Cycle 45min Melissa	7.30am LES MILLS BODYATTACK 45min Apple	7.15am LES MILLS BODYPUMP 45min Rachael
10.40am	P Pilates Michaela	10.25am Y Yoga 45min Kelly-Anne	10.25am P Pilates 45min Michaela		Low & Toned 45min Melissa	8.15am LES MILLS BODYPUMP Nicole	8.10am SC Studio Cycle 30min Rachael
4.35pm	AB Abs & Butt 20min Kelz					9.20am ZUMBA FITNESS Minako	8.45am Yogalates Chantal
5.00pm	LES MILLS BODYATTACK 30min Kelz	HIT 30min Aderson		LES MILLS BODYPUMP 45min Sherrel			
5.35pm	LES MILLS BODYPUMP Nicole	SC Studio Cycle 45min Aderson					
5.45pm		U-Jam Lui	LES MILLS BODYCOMBAT 45min Maria	LES MILLS GRIT SERIES 30min Sherrel			
6.35pm	Y Yoga Kathlyn		LES MILLS BODYPUMP Nicole				



**EFC GROUP
FITNESS FANATICS**