

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6.00am RPM* Kris	5:45am Shred Amanda	5:45m Rev It Up Kris	5:45am Shred Amanda	7.00am Circuit Sophia
7.15am Pilates CJ		7.15am Body Balance* Sonya		7.15am Pilates Eugine	
8.30am Body Pump* Emma	8.30am RPM/Core* Amanda	8.30am Body Shread Amanda	8.30am Cycle X Train CJ	8.30am Body Pump* Nicky	8.30am Body Pump* Ben/Emma
9.30am Step Zumba Gin	9.30am Body Sculpt CJ	9.30am Zumba Virginia	9.30am Cardio Box Naomi	9.30am Zumba Virginia	9.30am RPM Ben/Emma
5.30pm Body Pump* Kyleen			5:30pm Body Pump* Emma		
6.30pm Rev It Up Kris		6.00pm Body Pump* Emma 6.00pm RPM-HP* Emma			

*Les Mills Classes

YOGA STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am Yoga Linda		8.30am Yoga Linda		8.30am Yoga Kellie	7.00am Yoga Pauline
9.30am 'Beginners' Yoga Kellie	9.30am Body Balance* Angela		9.30am Pilates Eugine	9.30am Yoga Kellie	
			10.30am 'Beginners' Yoga Linda		
	6.00pm Yoga Pauline	6.00pm Yoga CJ			

WATER WORKOUTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am InterContinental Aqua Eugine	8.30am Country Club H ₂ O Fitness Naomi	8.30am InterContinental Aqua Naomi	8.30am Country Club H ₂ O Fitness Eugine	8.30am InterContinental Aqua Johanna	8.30am Country Club H ₂ O Fitness Johanna