

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6.00am		BODYPUMP 45min Donna		BODYPUMP 45min Andrea				
8.00am	EarlyBirds Circuit	BODYVIVE Michelle	BODYBALANCE Michelle	BODYVIVE Michelle		8.30am	BODYATTACK Denise	BODYCOMBAT Donna
9.30am	BODYPUMP Andrea	BODYSTEP Andrea	BODYATTACK Denise	BODYCOMBAT Donna	BODYPUMP Denise	9.30am	BODYVIVE Michelle	BODYPUMP Denise
10.30am		BODYBALANCE Maja		BODYBALANCE Michelle				
12.00pm						4.00pm		BODYBALANCE Maja/Michelle
5.30pm	BODYATTACK Andrea	BODYCOMBAT Coby	BODYPUMP Denise	BODYSTEP Carly	BODYBALANCE Michelle			
6.30pm	BODYPUMP Michelle A	BODYBALANCE Maja	BODYBALANCE Laryssa	Boxing Circuit Carly				

RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6.00am			RPM Kaye		RPM Kaye			
9.30am				RPM Elsha		9.30am	RPM Maja	RPM Kelli
10.30am	RPM ExpressDot				RPM Express Elsha			
5.30pm	RPM Kelli	RPM Elsha	RPM Maja	RPM Maja Extreme				

Aqua Sessions

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9.15am	Aqua Kaye/Maria							
6.30pm		Aqua Michelle		Aqua Kaye				