

CLASS TIMETABLE

MONDAY

7.00AM-8.00AM	BODY SCULPT	MARK
8.30AM-9.00AM	MOBILITY	MARK
9.30AM-10.30AM	LEGS, BUMS & TUMS	MARK
11.00AM-12.00PM	MOBILITY	DAVE
12.30PM-1.15PM	GATEWAY TO FITNESS	WILL
4.45PM-5.30PM	FIT KIDS 5-7YRS	JACOB
5.30PM-6.30PM	BODY SCULPT	BEN
6.30PM-7.30PM	TOTAL FITNESS	DAVE
7.30PM-9.00PM	YOGA	JOANNE

TUESDAY

6.00AM-7.00AM	EARLY BURN	LEE
7.00AM-8.00AM	BODY SCULPT	BEN
8.00AM-9.00AM	LIVE STRONG	BEN
9.30AM-10.30AM	BODY SCULPT	LEANNE
10.30AM-11.30AM	PILATES	LAURA
4.30PM-5.30PM	BODY SCULPT	DEBBIE
5.30PM-6.30PM	BODY SCULPT	DEBBIE
6.30PM-7.30PM	TOTAL FITNESS	RYAN
7.30PM-8.30PM	LIVE STRONG	RYAN

WEDNESDAY

6.00AM-7.00AM	EARLY BURN	SAM
7.00AM-8.00AM	BODY SCULPT	SAM
9.30AM-10.30AM	BOXERCISE	LUKE
10.00AM-11.00AM	POWER WALK	LEANNE
11.00AM-12.00PM	YOGA	REBECCA
2.30PM-3.30PM	LIVE STRONG	DEBBIE
4.45PM-5.30PM	FIT KIDS 8-11YRS	NIKKI
5.30PM-6.30PM	BODY SCULPT	DEBBIE
6.30PM-7.30PM	LIFT	JACOB
7.30PM-8.30PM	TOTAL FITNESS	DAVE
8.30PM-9.00PM	MOBILITY	SAM

THURSDAY

6.00AM-7.00AM	EARLY BURN	LEE
7.00AM-8.00AM	BODY SCULPT	SAM
9.30AM-10.30AM	BODY SCULPT	LEANNE
10.30AM-11.00AM	MOBILITY	LEANNE
12.30PM-1.15PM	GATEWAY TO FITNESS	WILL
5.30PM-6.30PM	BODY SCULPT	BEN
6.30PM-8.00PM	BOXING CLUB	LUKE
8.00PM-9.00PM	LIFT	RYAN

FRIDAY

6.00AM-7.00AM	EARLY BURN	AMI
7.00AM-8.00AM	BODY SCULPT	LEE
9.30AM-10.30AM	BODY SCULPT	LUKE
10.30AM-12.00PM	FREAKY FRIDAY	LEE / DEB
12.00PM-13.00PM	LIVE STRONG	BEN
4.45PM-5.30PM	FIT KIDS 12-15YRS	NIKKI
5.30PM-6.30PM	BOXERCISE	LUKE
8.00PM-9.00PM	LIFT	RYAN

SATURDAY

9.00AM-10.00AM	TOTAL FITNESS	DAVE
10.00AM-11.00AM	BODY SCULPT	BEN
3.00PM-4.00PM	LIFT	JACOB

SUNDAY

8.00AM-9.00AM	LIVE STRONG	SAM
9.00AM-10.00AM	BOXERCISE	SAM
10.00AM-11.00AM	TOTAL FITNESS	SAM
5.30PM-6.30PM	KETTLE HELL	MARK