

Time	Mon 14 Aug	Tue 15 Aug	Wed 16 Aug	Thu 17 Aug	Fri 18 Aug
5.30 am	CARDIO BOX Anita	REV 45 Carissa	MASTER BLAST Susan	BOOTCAMP Liam	PILATES Carissa
9.00am			CARDIO HIIT 30 Belinda A		TODDLER FIT Jacinta
9.30 am	POWER HOUR Lisa FIGHT FIT Ingrid	REV 45 Lisa	STEP 30 Belinda A	LITE & LO Chrissy REV 30 Belinda A	FOUNDATION YOGA Sonia ZUMBA 45 Ingrid
10.00am		LITE & LO Dorothy	SCULPT 30 Belinda A	ABS 30 Belinda A	
10.30 am	AO 50's Dorothy PILATES Noemi	Hatha Yoga Palla	PILATES Noemi	ZUMBA 45 Belinda A	AO 50's / STRETCH Dorothy REV 45 Ingrid
11.15 am		MUMS & BUBS 45 Carissa		MUMS & BUBS 45 Lisa	
11.30am	STRONG & STABLE 45 Jesse		STRONG & STABLE 45 Noemi		
4.30 pm	ZUMBA 45 Katrina	LITE & LO PLUS Belinda A	REV 45 Andre	SCULPT Lisa	POWER HOUR Belinda
5.30 pm	AERO 30 Chrissy	STRETCH Belinda A BOOTCAMP Susan	PILATES Chrissy	FIGHT FIT 30 Lisa	REV 30 Lisa
6.00 pm	ABT 30 Chrissy PILATES Marion	BUTT BLAST 30 Ingrid	ZUMBA 45 Belinda A	HATHA YOGA Palla	ABS30 Lisa ZUMBA 45 Katrina
6.30 pm	POWER HOUR Susan	FIGHT FIT 45 Ingrid	REV30 Chrissy	REV 45 Lisa	
7.00 pm	REV 45 Carissa	BOXING 30 Susan	ABS30 Chrissy STEP30 Belinda A	GUIDED MEDITATION 30 Palla	STRONG By Zumba Ingrid
7.15pm		YOGA Palla			
7.30 pm		REV 45 Ingrid	SCULPT30 Belinda A CARDIO BOX Steph		
7.45pm	CIRCUIT 45 Susan				

Time	Sat 19 Aug	Sun 20 Aug
7.30 am	KICK & BOX Lisa	
8.30 am	MASTER BLAST Carissa	REV 30 Noemi
9 am	ABT 30 Lisa	ABS 30 Noemi
9.30 am	HATHA YOGA Thor FIGHT FIT 45 Lisa	PILATES Noemi
4.00 pm	REV 45 Noemi	ZUMBA 45 Katrina
5.00 pm	HATHA YOGA Thor	
6.00 pm	GUIDED MEDITATION 30 Thor	



ZUMBA ON FIRE

Join Katrina and Amy

Sunday 20th August

4PM— 5.30PM

Raising money for Cancer Council

Dance for a cure \$5 Donation

