

Time	Mon 16 Oct	Tue 17 Oct	Wed 18 Oct	Thu 19 Oct	Fri 20 Oct
5.30 am	CARDIO BOX Anita	REV 45 Carissa	MASTER BLAST Susan	BOOTCAMP Liam	PILATES Anita
9.00am			CARDIO HIIT 30 Belinda A		
9.10am					TODDLER FIT Jesse
9.30 am	POWER HOUR Carissa FIGHT FIT Ingrid	REV 45 Carissa	STEP 30 Belinda A	LITE & LO Chrissy REV 30 Belinda A	FOUNDATION YOGA Sonia
9.40am					ZUMBA 45 Ingrid
10:00am		LITE & LO Dorothy	SCULPT 30 Belinda A	ABS30 Belinda A	
10.30 am	AO 50's Dorothy PILATES Noemi	HATHA YOGA Palla	PILATES Noemi	ZUMBA 45 Belinda A STRETCH Sonia	AO 50's / STRETCH Dorothy REV 45 Ingrid
11.15 am		MUMS & BUBS 45 Carissa		MUMS & BUBS 45 Lisa	
11.30am	STRONG & STABLE 45 Noemi		STRONG & STABLE 45 Noemi		
4.30 pm	ZUMBA 45 Katrina	LITE & LO PLUS Noemi	REV 45 Andre	SCULPT Lisa	POWER HOUR Lisa
5.30 pm	AERO 30 Chrissy	STRETCH Noemi BOOTCAMP Matt	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 Danielle	ABS30 Lisa ZUMBA 45 Katrina
6.30 pm	POWER HOUR Susan	STRONG by Zumba Ingrid	REV30 Chrissy	REV 45 Lisa	
7.00 pm	REV 45 Carissa	BOXING 30 Ben	ABS30 Chrissy STEP30 Belinda A	GUIDED MEDITATION 30 Danielle	STRONG By Zumba Anita
7.15pm		VINYASA YOGA Thor			
7.30 pm		REV 45 Ingrid	SCULPT30 Belinda A CARDIO BOX Steph		
7.45pm	CIRCUIT 45 Susan				

Time	Sat 21 Oct	Sun 22 Oct
7.30 am	KICK & BOX Anita	
8.30 am	MASTER BLAST Anita	REV 30 Anita
9 am	ABT 30 Lisa	ABS 30 Anita
9.30 am	HATHA YOGA Danielle FIGHT FIT 45 Lisa	PILATES Anita
4.00 pm	REV 45 Carissa	ZUMBA 45 Christie
5.00 pm	HATHA YOGA Thor	
6.00 pm	GUIDED MEDITATION 30 Thor	

