

Time	Mon 18 Dec	Tue 19 Dec	Wed 20 Dec	Thu 21 Dec	Fri 22 Dec
5.30 am	CARDIO BOX Anita	REV 45 Andre	MASTER BLAST Susan	BOOTCAMP Liam	PILATES Anita
9.00am			CARDIO HIIT 30 Belinda		
9.10am					
9.30 am	POWER HOUR Lisa STRONG by Zumba Ingrid	REV 45 Lisa	STEP 30 Belinda	LITE & LO Ingrid REV 30 Belinda	FOUNDATION YOGA Sonia
9.40am					ZUMBA 45 Ingrid
10:00am		LITE & LO Carissa	SCULPT 30 Belinda	ABS30 Belinda	
10.30 am	AO 50's Lisa PILATES Ingrid	HATTHA YOGA Sonia	PILATES Noemi	ZUMBA 45 Belinda STRETCH Sonia	AO 50's / STRETCH Noemi REV 45 Ingrid
11.15 am		MUMS & BUBS 45 Carissa			
11.30am	STRONG & STABLE 45 Jesse		STRONG & STABLE 45 Noemi		
4.30 pm	ZUMBA 45 Katrina	LITE & LO PLUS Belinda	REV 45 Andre	SCULPT Lisa	
5.30 pm	AERO 30 Stacey/Chrissy	STRETCH Belinda BOOTCAMP Susan	PILATES Anita	FIGHT FIT 30 Lisa	REV 30 Lisa
6.00 pm	ABT 30 Stacey/Chrissy PILATES Marion	BUTT BLAST 30 Ingrid	ZUMBA 45 Belinda	HATHA YOGA Danielle	ABS30 Lisa ZUMBA 45 Katrina
6.30 pm	POWER HOUR Susan	FIGHT FIT 45 Ingrid	REV30 Anita		
7.00 pm	REV 45 Carissa		ABS30 Anita STEP30 Stacey		
7.15pm		VINYASA YOGA Thor			
7.30 pm		REV 45 Ingrid	SCULPT30 Stacey CARDIO BOX Steph		
7.45pm	CIRCUIT 45 Susan				

Time	Sat 23 Dec	Sun 24 Dec
7.30 am		
8.30 am	MASTERBLAST Anita	REV 30 Noemi
9 am		ABS 30 Noemi
9.30 am	HATHA YOGA Danielle	PILATES Noemi
4.00 pm	REV 45 Carissa	

