

Time	Mon 11 Dec	Tue 12 Dec	Wed 13 Dec	Thu 14 Dec	Fri 15 Dec
5.30 am	CARDIO BOX Anita	REV 45 Andre	MASTER BLAST Susan	BOOTCAMP Liam	PILATES Anita
9.00am			CARDIO HIIT 30 Belinda A		
9.10am					TODDLER FIT Jesse
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
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 Ingrid	HATHA YOGA Sonia	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 Jesse		STRONG & STABLE 45 Noemi		
4.30 pm	ZUMBA 45 Katrina	LITE & LO PLUS Belinda A	REV 45 Andre	SCULPT Lisa	POWER HOUR Lisa
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 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 Susan	ABS30 Chrissy STEP30 Stacey	GUIDED MEDITATION 30 Danielle	STRONG By Zumba Anita
7.15pm		VINYASA YOGA Thor			
7.30 pm		REV 45 Ingrid	SCULPT30 Stacey CARDIO BOX Steph		
7.45pm	CIRCUIT 45 Susan				

Time	Sat 16 Dec	Sun 17 Dec
7.30 am	KICK & BOX Anita	
8.30 am	MASTER BLAST Anita	REV 30 Lisa
9 am	ABT 30 Lisa	ABS 30 Lisa
9.30 am	HATHA YOGA Danielle FIGHT FIT 45 Lisa	PILATES Lisa
4.00 pm	REV 45 Carissa	ZUMBA 45 Amy
5.00 pm	HATHA YOGA Thor	
6.00 pm	GUIDED MEDITATION 30 Thor	

