

TIME	MON 23/4	TUE 24/4	WED 25/4	THU 26/4	FRI 27/4	SAT 28/4	SUN 29/4
5.30am	CARDIO BOX Anita	REV 45 Andre	ANZAC	BOOTCAMP Liam	PILATES Anita		
7.30am			DAY			KICK & BOX Anita	
8.30am			OPEN			SCULPT Lisa	REV 30 Anita
9.00am			&				ABS 30 Anita
9.10am			3 - 7PM		TODDLER FIT 30 Jacinta		
9.30am	POWER HOUR Lisa FIGHT FIT Ingrid	REV 45 Lisa	STEP 30 Belinda	LITE & LO Chrissy REV 30 Belinda	FOUNDATION YOGA Sonia	HATHA YOGA Danielle FIGHT FIT 45 Lisa	PILATES Anita
9.40am					ZUMBA 45 Ingrid		
10.00am		LITE & LO Dorothy	SCULPT 30 Belinda	ABS 30 Belinda			
10.30am	AO50's Dorothy PILATES Noemi	HATHA YOGA Lilian	PILATES Noemi	ZUMBA 45 Belinda STRETCH Sonia	AO50's & STRETCH 75 Dorothy REV 45 Ingrid		
11.15am		MUMS & BUBS 45 Carissa		MUMS & BUBS 45 Lisa			
11.30am	STRONG & STABLE 45 Jesse				STRONG & STABLE 45 Jesse		
4.00pm						REV 45 Carissa	ZUMBA 45 Amy
4.30pm	ZUMBA 45 Katrina	REV 45 Andre		LITE & LO PLUS Lisa	SCULPT Lisa		
5.00pm						HATHA YOGA Thor	
5.30pm	AERO 30 Chrissy	STRETCH Sonia BOOTCAMP Susan	MASTER BLAST Anita	CARDIO HIIT 30 Lisa	REV 30 Lisa		
6.00pm	SCULPT 30 Chrissy PILATES Marion	SCULPT 30 Carissa		HATHA YOGA Danielle	ABS 30 Lisa ZUMBA 45 Katrina		
6.30pm	POWER HOUR Susan	STRONG by Zumba 45 Jacinta	ANZAC	REV 45 Lisa			
6.45pm		BOXING 45 Susan	DAY				
7.00pm	REV 45 Carissa		OPEN				
7.15pm		VINYASA YOGA Thor	&	GUIDED MEDITATION 30 Danielle	POWER HOUR Ingrid		
7.30pm		REV XTREME Andre	3 - 7PM				
7.45pm	CIRCUIT 45 Susan			ZUMBA 45 Martha			