

TIME	MON 14/1	TUE 15/1	WED 16/1	THU 17/1	FRI 18/1	SAT 19/1	SUN 20/1
5.30am	CARDIO BOX Anita	REV 45 Andre	BODY HIIT 45 Jules	THE ZUU 30 Ingrid	PILATES Anita		
6.00am				REV 30 Ingrid			
7.30am						BODY HIIT 45 Carissa	
8.30am						SCULPT Lisa	REV 30 Anita
9.00am			CARDIO HIIT 30 Belinda				ABS 30 Anita
9.10am					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	PILATES PLUS Anita
9.40am					ZUMBA 45 Ingrid		
10.00am		LITE & LO Dorothy	SCULPT 45 Belinda	ABS 30 Belinda			
10.30am	AO50's Dorothy PILATES Noemi	HATHA YOGA Alex	PILATES Noemi	ZUMBA 45 Belinda STRETCH Sonia	AO50's & STRETCH 75 Dorothy REV 45 Ingrid	ZUMBA 45 Maz	
11.15am		MUMS & BUBS 45 Carissa		MUMS & BUBS 45 Lisa			
11.30am	STRONG & STABLE 45 Noemi		STRONG & STABLE 45 Noemi		STRONG & STABLE 45 Roy		
4.00pm						REV 45 Carissa	ZUMBA 45 Amy
4.30pm	ZUMBA 45 Katrina	PILATES Noemi		BODY HIIT 45 Lisa	SCULPT Lisa		
5.00pm		POWER HIIT 30 Carissa	SCULPT Belinda			YIN YOGA Thor	
5.30pm	AERO 30 Belinda	 CARDIO HIIT 30 Carissa STRETCH Amelia	PILATES PLUS Noemi		REV 45 Lisa		
6.00pm	SCULPT 30 Belinda PILATES Anita	SCULPT 30 Carissa	ZUMBA 45 Belinda	HATHA YOGA Danielle	ZUMBA 45 Katrina		
6.30pm	POWER HOUR Chrissy	FIGHT FIT 45 Ingrid	REV 30 Andres	BOXING Adam	THE ZUU 45 Ingrid		
6.45pm		LATIN FITNESS 45 Nadine					
7.00pm	REV 45 Carissa		ABS 30 Andres				
7.15pm		VINYASA YOGA Alex					
7.30pm		REV 30 Ingrid	BODY HIIT 45 Carissa	ZUMBA 45 Maz			
7.45pm	BODY HIIT 45 Carissa						
8.00pm		BOXING 30 Ingrid					



When you see the crayons =
kid friendly classes