

TIME	MON 7/1	TUE 8/1	WED 9/1	THU 10/1	FRI 11/1	SAT 12/1	SUN 13/1
5.30am		REV 45 Carissa		THE ZUU 30 Ingrid			
6.00am				REV 30 Ingrid			
7.30am						BODY HIIT 45 Matt	
8.30am						SCULPT Lisa	REV 30 Noemi
9.00am							ABS 30 Noemi
9.10am							
9.30am	POWER HOUR Lisa FIGHT FIT Ingrid	REV 45 Lisa	STEP 30 Belinda	LITE & LO Carissa REV 30 Belinda	FOUNDATION YOGA Sonia	HATHA YOGA Danielle	PILATES PLUS Noemi
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 Alex	PILATES Noemi	STRETCH Sonia	AO50's & STRETCH 75 Dorothy REV 45 Ingrid	ZUMBA 45 Maz	
11.15am							
11.30am	STRONG & STABLE 45 Noemi		STRONG & STABLE 45 Noemi				
4.00pm						REV 45 Carissa	ZUMBA 45 Katrina
4.30pm	ZUMBA 45 Katrina	PILATES Noemi		BODY HIIT 45 Lisa	SCULPT Lisa		
5.00pm		BODY HIIT 45 Carissa	SCULPT Belinda			YIN YOGA Monica	
5.30pm		STRETCH Noemi			REV 45 Lisa		
6.00pm	SCULPT Belinda	SCULPT 30 Ingrid	ZUMBA 45 Belinda	HATHA YOGA Danielle	ZUMBA 45 Katrina		
6.30pm		FIGHT FIT 45 Ingrid	REV 30 Janine	BOXING Adam	THE ZUU 45 Jacinta		
6.45pm		LATIN FITNESS 45 Nadine					
7.00pm	REV 45 Carissa		ABS 30 Janine			 When you see the crayons = kid friendly classes	
7.15pm		VINYASA YOGA Alex					
7.30pm		REV 45 Ingrid	BODY HIIT 45 Carissa				
7.45pm	BODY HIIT 45 Carissa						
8.00pm							