

TIME	MON 18/3	TUE 19/3	WED 20/3	THU 21/3	FRI 22/3	SAT 23/3	SUN 24/3
5.30am	CARDIO BOX Anita	REV 45 Carissa	BODY HIIT Susan	THE ZUU 30 Ingrid	PILATES Chrissy		
6.00am				REV 30 Ingrid			
7.30am						BODY HIIT 45 Jules	
8.30am						SCULPT Lisa	REV 30 Noemi
9.00am			CARDIO HIIT 30 Belinda				ABS 30 Noemi
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 Ingrid	FOUNDATION YOGA Sonia	HATHA YOGA Danielle	PILATES PLUS Noemi
9.40am					ZUMBA 45 Ingrid		
10.00am		LITE & LO Dorothy	SCULPT 45 Belinda	ABS 30 Ingrid			
10.30am	AO50's Dorothy PILATES Noemi	HATHA YOGA Alex	PILATES Noemi	ZUMBA 45 Ingrid STRETCH Carissa	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 Jesse		STRONG & STABLE 45 Noemi		STRONG & STABLE 45 Jesse		
4.00pm						REV 45 Carissa	ZUMBA 45 Katrina
4.30pm	ZUMBA 45 Katrina	PILATES Noemi		BODY HIIT 45 Lisa	SCULPT Lisa		
5.00pm		POWER HIIT 30 Susan	SCULPT Belinda			YIN YOGA Thor	
5.30pm	AERO 30 Chrissy	CARDIO HIIT 30 Susan STRETCH Amelia	PILATES PLUS Chrissy		REV 45 Lisa		
6.00pm	SCULPT 30 Chrissy PILATES Anita	SCULPT 30 Susan	ZUMBA 45 Belinda	HATHA YOGA Danielle	ZUMBA 45 Katrina		
6.30pm	POWER HOUR Susan	FIGHT FIT 45 Ingrid LATIN FITNESS Nadine	REV 30 Janine	BOXING Adam			
7.00pm	REV 45 Carissa		ABS 30 Janine	GUIDED MEDITATION 30 Danielle	POWER HOUR Ingrid		
7.15pm		VINYASA YOGA Thor					
7.30pm		REV 30 Ingrid	BODY HIIT 45 Stacey	LATIN FITNESS Nadine			
7.45pm	BODY HIIT 45 Susan						
8.00pm		BOXING 30 Ingrid					