

TIME	MON 16/9	TUE 17/9	WED 18/9	THU 19/9	FRI 20/9	SAT 21/9	SUN 22/9
5.30am	BOXING Anita	REV 45 Carissa	BODY HIIT Susie	POWER HIIT 30 Ingrid	PILATES Anita		
6.00am				REV 30 Ingrid			
7.30am						BODY HIIT 45 Jules	
8.00am			AO50's Susie				
8.30am						SCULPT Lisa	REV 30 Noemi
9.00am			CARDIO HIIT 30 Susie	STEP 30 Chrissy			ABS 30 Noemi
9.10am					TODDLER FIT 30 Jacinta		
9.15am					FOUNDATION YOGA Sonia		
9.30am	POWER HOUR Lisa FIGHT FIT Ingrid	REV 45 Lisa	SCULPT 30 Susie	LITE & LO Chrissy REV 30 Carissa		HATHA YOGA Danielle ZUMBA Maz	PILATES PLUS Noemi
9.40am					ZUMBA 45 Ingrid		
10.00am		LITE & LO Dorothy	HATHA FLOW YOGA Alex	Abs & BUTTS 30 Carissa			
10.30am	AO50's Dorothy PILATES Noemi	BOXING 45 Adam	PILATES Noemi	ZUMBA 45 Jacinta STRETCH Carissa	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 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 Susie	STEP 30 Maz			YIN YOGA Kelly	
5.30pm	AERO 30 Chrissy	STRETCH Noemi	SCULPT 30 Maz HATHA FLOW YOGA Alex		REV 45 Lisa		
6.00pm	SCULPT 30 Chrissy PILATES Anita	SCULPT 30 Susie	ZUMBA 45 Jacinta	HATHA YOGA Danielle	ZUMBA 45 Katrina		
6.30pm	POWER HOUR Jules	FIGHT FIT 45 Ingrid DANCE FITNESS Nadine	REV 30 Maz	BOXING Adam			
7.00pm	REV 45 Carissa		ABS & BUTTS 30 Maz	GUIDED MEDITATION 30 Danielle	POWER HOUR Ingrid		
7.15pm		VINYASA YOGA Thor	LATIN FITNESS Nadine				
7.30pm		REV 30 Ingrid					
7.45pm	BODY HIIT 45 Susie						
8.00pm		BOXING 30 Ingrid					