

TIME	MON 27/12	TUE 28/12	WED 29/12	THU 30/12	FRI 31/12	SAT 01/01	SUN 02/01
5.30am	 Public Holiday 8am to 12pm & 3pm to 7pm						
7.15am							
8.00am			AO50's 45		SCULPT 45		REV 45
8.15am						SCULPT 45	
9.00am							PILATES PLUS
9.15am	POWER HOUR	REV 45		LITE & LO 45			
9.30am			SCULPT	REV 30	ZUMBA 45	REV	
10.00am				ABS & BUTTS 30 STRETCH 30			
10.30am	PILATES	STRETCH	PILATES		AO50's		
11.40am			STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
5.00pm			SCULPT 45	BODY HIIT 45			
5.30pm	POWER HOUR				REV 45		
5.45pm		DANCE FITNESS 45					
6.00pm			ZUMBA 45	HATHA YOGA			