

**Monday:**

6:15am	Velocity	Michael
7:30am	HIIT30	Cory
8:30am	Pilates	Cheryl
9:30am	Pilates	Deanne
10:30am	Body Sculpt	Avril
10:30am	Aqua	Robert
11:30am	RPM	Hendro
12:30pm	Boxing	Alvaro
5pm	Rapid Core	Ryan
5:40pm	HIIT45	Nathan
6:30pm	Body Pump	Hendro
7:30pm	Yoga	Lisa

**Tuesday:**

6:15am	Boxing	Dan
7:30am	Fitbones	Nicole
8:30am	Yoga	Anita
9:30am	HIIT55	Sarah
10:30am	Body Pump	Hendro
11:30am	Body Balance	Tatjana
12:30pm	RPM	Nicole
5pm	Abs, Butts & Thighs	Cory
5:40pm	RPM	Michael
6:30pm	Boxing	Bibi
7:30pm	Pilates	Cheryl

**Wednesday:**

6:15am	Cross Training	Michael
7:30am	HIIT30	Georgia
8:30am	Pilates	Dominique
9:30am	Boxing	Bibi
10:30am	Aqua	Janet
10:30am	Zumba	Tatjana
11:30am	Velocity	Cheryl
12:30pm	Yoga	Sheraz
5pm	Rapid Core	Nathan
5:40pm	HIIT45	Oscar
6:30pm	Pilates	Yana

**Thursday:**

6:15am	Boxing	Alvaro
7:30am	Fitbones	Vijay
9:30am	Yoga	Sheraz
9:30am	Run Club	Nicole
10:30am	Fitball	Cheryl
11:30am	Step	John
12:30pm	Velocity	Hendro
5pm	Abs, Butts & Thighs	Cory
5:40pm	Velocity	Cory
6:30pm	Body Pump	Maddy

**Friday:**

6:15am	RPM	Michael
7:30am	Pilates	Anita
8:30am	HIIT55	Nathan
9:30am	Step	Avril
10:30am	Aqua	Robert
10:30am	Body Pump	Tara
11:30am	Yoga	Lisa
12:30pm	Boxing	Dan
5pm	Rapid Core	Vijay
5:40pm	HIIT45	Vijay

**Saturday:**

6:30am	Velocity	Michael
6:30am	Run Club	Nicole
7:25am	RPM	Yana
8:00am	Aqua	Trish/ Janet
8:30am	Pilates	Yvette
9:30am	Boxing	Dan
10:30am	Yoga	Anita
11:45am	Body Pump	Maddy

**Sunday:**

7:25am	HIIT	Ryan
8:30am	Body Pump	Ian
9:30am	Yoga	Anita