

	6.45am	7.45am	8.45am	9.45am	10.45am	11.45am	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm	9.15pm
MONDAY	G.CYCLING (Debbie)	KETTLEBELLS (Debbie)	LIVE BODY CONDITIONING (Debbie)	PILATES (Debbie)	LIVE AW FITNESS (Debbie)	AW ACTIVITY	-	LIVE CIRCUITS (Rachel)	G.CYCLING (Rachel)	G.CYCLING (Rachel)	BADMINTON	BADMINTON
TUESDAY	G.CYCLING (Debbie)	G.CYCLING (Debbie)	LIVE BARRE (Ally)	LIVE PILATES (Ally)	AW FITNESS (Ally)	AQUA FIT (Ally) <i>New class</i>	-	BODY CONDITIONING (Debbie)	LIVE PILATES (Debbie)	YOGA (Debbie)	BADMINTON	BADMINTON
WEDNESDAY	FITNESS YOGA (Ally)	LIVE HARD CORE (Ally)	AEROBICS CARDIO DANCE (Ally) <i>New class</i>	PILATES (Ally)	LIVE AW FITNESS (Ally)	WALKING NETBALL (Ally)	-	CIRCUITS (Iris)	LIVE Legs,Bums&Tums (LU)	DANCE FIT (LU)	BADMINTON	BADMINTON
THURSDAY	LIVE YOGA (Debbie)	KETTLEBELLS (Debbie)	CARDIO DANCE (Debbie)	LIVE PILATES (Ally)	PILATES (Ally)	AW ACTIVITY	-	ZUMBA (Ally) <i>New class</i>	LIVE HARD CORE (Ally)	FITNESS YOGA (Ally)	BADMINTON	BADMINTON
FRIDAY	G.CYCLING (Rachel)	G.CYCLING (Rachel)	LIVE TABATA PILATES (Rachel)	LIVE YOGA (Sam Neal)	YOGA (Sam Neal)	AW ACTIVITY	-	STEP AEROBICS (Rachel) <i>New time</i>	CIRCUITS (LU) <i>New instructor &time</i>	LIVE DANCE FIT (LU) <i>New class</i>	BADMINTON	BADMINTON

	8.15am	9.15am	10.15am	11.15am	12.15pm	1.15pm
SATURDAY	G.CYCLING (Debbie)	INTERVAL TRAINING (Nicole)	HIRE	HIRE	BADMINTON	BADMINTON
SUNDAY		INTERVAL TRAINING (Nicole)	HIRE	HIRE	BADMINTON	BADMINTON