

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00 > 8:00 Yoga Sherlyn			7:00 > 8:00 Spin Out Krystal	
9:15 > 10:15 Spin Hit Rita	9:15 > 10:15 Pilates Melinda	9:15 > 10:15 Powa Pump	9:15 > 10:15 Metafit Edita	9:15 > 10:15 Cardio Con	9:00 > 10:00 Powa Pump	8:00 > 9:00 Cardio Blast
10:15 > 11:00 Circuit Rita		10:15 > 11:00 Circuit Krystal				
	6:00 > 7:00 Full Body Metcon Michael	6:00 > 7:00 Metafit Edita	11:00 > 12:00 New Class Coming			
6:15 > 7:00 Circuit Rebecca	6:15 > 7:00 Circuit Chris	7:00 > 7:45 Circuit Natalie	6:15 > 7:15 Super Circuit Rita			
6:30 > 7:00 Extreme Abs Nina						
7:00 > 8:00 Spin Box Natalie	7:00 > 8:00 Boxing Michael	7:00 > 8:00 Cardio with Karen	7:00 > 8:00 Total Body Blast	7:00 > 8:00 Hatha Yoga		
7:15 > 8:00 Circuit Rebecca	7:15 > 8:00 Circuit Chris	7:15 > 8:00 Circuit Natalie	7:15 > 8:00 Super Circuit Rita			
8:00 > 9:00 Hatha Yoga Mary	8:00 > 9:00 Pilates Melinda	8:00 > 9:00 Yoga Sherlyn	8:00 > 9:00 Pilates Victoria			

