

CLASS TIMETABLE

For Class Descriptions
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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	BODY PUMP > 55min Karen.M				BODY PUMP > 55min Karen.M		
6:15AM	SPIN > 45min Simone	SPIN > 45min Broni	SPIN > 45min Peter	SPIN > 45min Broni	SPIN > 45min Peter		
6:30AM							
8:15AM						SPIN 45min Simone	
8:30AM						BODY ATTACK 55min Lily	
9:15AM	BODY STEP 55min Sharna	SPIN 45min Karen .H	BODY PUMP 50min Amie	CIRCUIT 45min Rory	BODY PUMP 55min Karen.H	BODY STEP 55min Sharna	
9:30AM						BODY PUMP 55min Lily/Amie	BODY PUMP > 55min Allan
10:15AM	BODY PUMP 55min Sharna	PILATES 55min Eve	BUTTS N GUTS 45min Karen H	BODY BALANCE 55min Lisa	PILATES 55min Ane		
10:30AM						ZUMBA 55min Monica	CARDIO BOX > 45min Shandelle
11:15AM		FIT 4 LIFE 45min Bec W		FIT 4 LIFE 45min Lisa	FIT 4 LIFE 45min Paula		
11:30AM						YOGA 55min Ben	
12:15PM	YOGA 55min Rick		YIN YOGA 55min Rick		YOGA 55min Tony		
4:00PM							BODY BALANCE > 55min Natasha
5:30PM	SPIN 45min Karen.H	CARDIO BOX 45min Jason	BODY PUMP 55min Karen.H	BODY BALANCE 30min Natasha	PILATES 30min Eve	BODY PUMP > 55min Allan	
6:00PM			BODY STEP 30min Natasha	BODY ATTACK 30min Lily/Dylan			
6:30PM	BODY PUMP 55min Lily	BUTTS N GUTS 45min Karen.H	ZUMBA 55min Katie	BODY PUMP 30min Karen M			
7:00PM				METAFIT 30min Natasha			
7:30PM		CARDIO BOX * 45min Jason FREE	CIRCUIT * 45min Rory FREE	YIN YOGA * 55min Natasha FREE			

* PLEASE NOTE THE GYM CLOSES AT 7.30PM SO PLEASE ARRIVE EARLY TO 7.30PM CLASSES.

> MEMBER ONLY 24/7 TAG REQUIRED

CLASS INTENSITY LEVEL: ~ SOFT ~ LOW ~ MEDIUM ~ HIGH

~ BODY ATTACK ~ BODY STEP ~ CIRCUIT ~ YOGA ~ SPIN
 ~ BODY BALANCE ~ CARDIO BOX ~ FIT 4 LIFE ~ YIN YOGA ~ HIIT30
 ~ BODY PUMP ~ BUTTS N GUTS ~ ZUMBA ~ PILATES ~ METAFIT

10 TEN SOUTH