

# CLASS TIMETABLE

For Class Descriptions  
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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	<b>BODY PUMP</b> > 55min Karen.M		<b>BODY PUMP</b> 55min Allan		<b>BODY PUMP</b> > 55min Karen.M		
6:15AM	<b>SPIN</b> > 45min Simone	<b>SPIN</b> > 45min Broni	<b>SPIN</b> > 45min Peter	<b>SPIN</b> > 45min Broni	<b>SPIN</b> > 45min Peter		
6:30AM							
8:15AM						<b>SPIN</b> 45min Simone	
8:30AM						<b>BODY ATTACK</b> 55min James/Lily	<b>HIIT PILATES</b> > 55min with Mietta
9:15AM	<b>BODY STEP</b> 55min Sharna	<b>SPIN</b> 45min Karen.H	<b>BODY PUMP</b> 50min Amie	<b>CIRCUIT</b> 45min Rory	<b>SPIN</b> 45min Simone	<b>BODY PUMP</b> 55min Karen.H	<b>BODY STEP</b> 55min Sharna
9:30AM						<b>BODY PUMP</b> 55min Lily/Amie	<b>BODY PUMP</b> > 55min Allan
10:15AM	<b>BODY PUMP</b> 55min Sharna		<b>BUTTS N GUTS</b> 45min Karen H	<b>BODY BALANCE</b> 55min Lisa	<b>PILATES</b> 55min Ane		
10:20AM		<b>PILATES</b> 50min Eve					
10:30AM						<b>ZUMBA</b> 55min Carol	<b>CARDIO BOX</b> > 45min Shandelle
11:15AM			<b>FIT 4 BIKE</b> 45min Paula	<b>FIT 4 LIFE</b> 45min Lisa	<b>FIT 4 LIFE</b> 45min Paula		
11:20AM		<b>FIT 4 LIFE</b> 45min Bec W					
11:30AM						<b>YOGA</b> 55min Ben	
12:15PM	<b>YOGA</b> 55min Tony		<b>NEW FREE</b> <b>PILATES</b> 50min Linda		<b>YOGA</b> 55min Tony		
4:00PM							<b>BODY BALANCE</b> > 55min Natasha
5:30PM	<b>SPIN</b> 45min Karen.H	<b>CARDIO BOX</b> 45min Jason	<b>BODY PUMP</b> 55min Karen.H	<b>BODY BALANCE</b> 55min Natasha	<b>PILATES</b> 55min Eve	<b>BODY PUMP</b> > 55min Allan	
6:00PM							
6:30PM	<b>BODY PUMP</b> 55min Lily	<b>BUTTS N GUTS</b> 45min Karen.H	<b>ZUMBA</b> 55min Katie	<b>BODYATTACK</b> 55min Lily/Dylan			
7:30PM		<b>CARDIO BOX</b> 45min Jason		<b>YIN YOGA</b> 55min Natasha			

> 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**