

CLASS TIMETABLE

For Class Descriptions
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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	BODY PUMP > 60min Karen M		BODY PUMP > 60min Allan		BODY PUMP > 60min 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 60min James/Lily	HIIT PILATES > 60min with Mietta
9:15AM	BODY STEP 60min Sharna	SPIN 45min Karen H FREE	RETRO PUMP 60min Amie FREE	CIRCUIT 45min Paula	SPIN 45min Chris FREE	BODY PUMP 60min Karen H FREE	BODY STEP 60min Sharna
9:30AM						BODY PUMP 60min Lily/Amie FREE	BODY PUMP > 60min Allan
10:15AM	BODY PUMP 60min Sharna FREE		BUTTS N GUTS 60min Karen H	BODY BALANCE 60min Lisa	PILATES 60min Ane		
10:20AM		PILATES 60min Eve					
10:30AM			FIT 4 BIKE 45min Paula FREE			ZUMBA 60min Carol	CARDIO BOX > 45min Shandelle
11:15AM				FIT 4 LIFE 45min Lisa	FIT 4 LIFE 45min Paula		
11:20AM		FIT 4 LIFE 45min Bec W					
11:30AM						YOGA 60min Ben	
12:15PM	YOGA 60min Rick		PILATES 60min Linda		YOGA 60min Tony		
4:00PM							BODY BALANCE > 60min Natasha
5:30PM	SPIN 45min Karen H FREE	CARDIO BOX 45min Jason FREE	BODY PUMP 60min Karen H	BODY BALANCE 60min Natasha	PILATES 60min Eve	LIFT > 60min Sharna	
6:00PM							
6:30PM	BODY PUMP 60min Lily FREE	BUTTS N GUTS 60min Karen H	ZUMBA 60min Katie	BODYATTACK 60min Dylan			
7:30PM		CARDIO BOX 45min Jason		YIN YOGA 60min 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 ~ PILATES
 ~ BODY PUMP ~ BUTTS N GUTS ~ ZUMBA ~ HIIT PILATES ~ LIFT

10 TEN SOUTH