

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am – 30 to 45 min classes	CX WORKS Matt (30 mins)	YOGA MOVES Kathy	BODY PUMP Ali	STEP Gail	PILATES Gail		
9.05am Cycle studio						RPM Annette	
10.15am	Intensity is the key. Take on the new PT circuit with Shane N on Fridays 2 x 30 min sessions (Stay for 1 session, or both!) or 45 min Wednesday session.					BODYPUMP Annette	YOGA Jane
12.05pm	PILATES *45 mins Jane	BODYPUMP Ali	BODY BALANCE Ali	RPM Shane (30 mins)	PUMP Ceciley		
12.10pm Mezz floor					PT circuit Shane N		
12.45pm				CX WORKS Shane (30 mins)	PT circuit Shane N		
5.10pm	BODY ATTACK Ali	PUNCHPAD Shane	BODY ATTACK Ali (45 mins)	BODYPUMP Sally	YOGA Jane		
5.15pm Cycle studio		RPM Sally		FREE SPIN Shane		Recreation Programs <u>Burlesque</u> commences 7th March Weds x 6 weeks 7.30pm—8.30pm <u>Boot camp</u> commences 13th Feb Mon, Wed, & Fri 7am—8am x 4wks. <u>Hip Hop</u> commences 2nd March 6.30pm—7.30pm Fridays x 6 wks <u>Fighting Fit</u> - boxing/kickboxing commences 28th Feb Tues 7.45-8.30am Thur 6.30-7.30pm x 6 wks.	
5.30pm Cycle studio	FREE SPIN Shane						
5.30pm Mezz floor			PT circuit Shane N				
6.00pm			CX WORKS Ali (30 mins)				
6.15pm	BODYPUMP Gail	CX WORKS Irene (30 mins)		BODY BALANCE Sally			
6.15pm Cycle studio			FREE SPIN Jason <small>Ride for a reason for > 15 \$1 each person to charity</small>				
6.30pm			ZUMBA Tammie				
6.45pm		BODY BALANCE Sally (45 mins)					