

STUDIO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Define 09.30 – 10.30am	Spin 06.30 – 07.15am	Spin 06.30 – 07.15am	Body Combat 09.30 – 10.30am	Spin 06.30 – 07.15am	Body Pump 09.00 – 10.00am	Spin 09.00 – 09.45am
Pilates 11.00 – 12.00pm	Body Pump 09.30 – 10.30am	Body Pump 10.00 – 11.00am	Aqua Fit 10.00 – 10.45am	Body Combat 09.45 – 10.45am	Functional Fitness 09.30 - 10.00	Body Balance 09.00 – 10.00am
Fitness Crew 16.00 – 16.45pm	Pilates 10.30 – 11.30pm	Zumba 11.00 – 12.00pm	Pilates 11.00 – 12.00pm	Fitness Crew 16.00 – 16.45pm	Body Combat 10.00 – 11.00am	Functional Fitness 09.30 - 10.00
Body Pump 17.30 – 18.30pm	Body Attack 11.30 – 12.30	Fitness Crew 16.00 – 16.45pm	Body Pump 17.30 – 18.30pm	Zumba 17.30 – 18.30pm	Functional Fitness 10.05 - 10.35	Zumba 10.00 – 11.00am
Multi Level Spin 18.15 – 19.00pm	Body Conditioning 17.45 – 18.30pm	Body Combat 17.30 – 18.30pm	Aerobics 18.30 – 19.30pm	Strength and Conditioning 18.10 – 18.50pm	Body Combat 11.00 – 12.00pm	Functional Fitness 10.05 - 10.35
Body Combat 18.30 – 19.30pm	Aerobics 18.30 – 19.30pm	Express Gym Circuits 17.45 – 18.15pm	Advanced Spin 18.45 – 19.30pm	Express Spin 19.00 – 19.30pm		
Zumba 19.30 – 20.30pm	Multi Level Spin 18.45 – 19.30pm	Multi Level Spin 18.30 – 19.15pm	Aqua Aerobics 19.00 – 19.45pm			
Pilates 20.30 – 21.30pm	Aqua Aerobics 19.00 – 19.45pm	Fitness Inspired Yoga 18.30 – 19.30pm	LBT 19.30 – 20.30pm			
	Strike 19.30 – 20.30pm	Body Pump 19.30 – 20.30pm				
	Body Balance 20.30 – 21.30pm	Express Abs 20.30 – 21.00pm				