

# Group Fitness Schedule – Effective January 16<sup>th</sup>

MAIN STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
	5.30am		<b>BODYPUMP</b> Laura T			<b>BODYCOMBAT</b> Kathy		8.00am <b>BODYVIVE 3.1</b> Melanie	<b>BODYSTEP</b> Laurie
	8.30am	<b>PILOXING</b> Tracy	<b>PILATES</b> Tracy	<b>BODYCOMBAT</b>	<b>BODYPUMP</b> Kathy	CARDIO CORE Laura C	8.45am <b>ZUMBA FITNESS</b> Katie	<b>BODYPUMP</b> Laura T	
	9.35am	MUSCLE MAX Lynda	CARDIO ATTACK Lynda	STEP INTERVAL Tracy	<i>Yoga</i> Gail	MUSCLE MAX Gail	9.35am <b>BODYPUMP</b> Laura D	<b>BODYCOMBAT</b> Laura C	
	12.15pm		MUSCLE MAX Vivian 45min			10.35am <b>BODYFLOW</b> Maddy	10.35am CARDIO ATTACK Lynda	<b>BODYFLOW</b> Linda D	
	4.30pm	<b>BODYATTACK</b> Sarah		<b>BODYVIVE 3.1</b> *Jenn		<b>BODYPUMP</b> Jaclyn			
	5.30pm	<b>BODYPUMP</b> Laura C	<b>ZUMBA FITNESS</b> Ashley	<b>BODYCOMBAT</b> Laura C	<b>BODYSTEP</b> Laurie				
	6.35pm	<i>Yoga</i> Karen D	MUSCLE MAX Karen S.	<b>BODYPUMP</b> Laura D	<b>ZUMBA FITNESS</b> Kellie				
	7.35pm				<i>Yoga</i> Karen D				

SPIN STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
	5.30am	<b>SPINNING</b> Cathy		<b>SPINNING</b> Vivian		<b>LES MILLS RPM</b> Daniela	7.30am		
	8.30am	<b>SPINNING</b> Heather			<b>SPINNING</b> Maddy		8.00am <b>LES MILLS RPM</b> Daniela	<b>LES MILLS RPM</b> Jamie	
	9.35am		<b>SPINNING</b> Tracy	<b>SPINNING</b> Lynda		<b>LES MILLS RPM</b> Laura D	9.00am <b>SPINNING</b> Vivian		
	5.00pm				12.15pm <b>SPINNING</b> Vivian 45min				
	5.30pm		<b>SPINNING</b> Laura D		<b>SPINNING</b> Linda D				
	6.00pm	<b>LES MILLS RPM</b> Laura D		<b>SPINNING</b> Dan		<b>SPINNING</b> Maddy			