

Group Fitness Schedule – Effective August 5th

MAIN STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
	5.30am		BODYPUMP Laura T		BODYCOMBAT Kathy		7:30am	BODYVIVE 3.1 Melanie	SH'BAM Natalie
	8.30am	PILOXING Tracy	PILATES Tracy	BODYCOMBAT Kathy	BODYPUMP Laura C	Cardio Mix Gail	8.35am	ZUMBA Katie	BODYPUMP Laura T
	9.35am	MUSCLE MAX Lynda	CARDIO ATTACK Lynda	Cardio Mix Tracy	<i>Yoga</i> Gail	MUSCLE MAX Gail	9.35am	BODYPUMP Laura D	BODYCOMBAT Laura C
	12.15pm		MUSCLE MAX Vivian 45min		MUSCLE MAX Vivian 45min	<i>10.35am Yoga</i> Heather	10.35am	BODYATTACK Bridget	BODYFLOW Linda D
	4.30pm	SH'BAM Natalie		BODYVIVE 3.1 Jenn		BODYPUMP Laurie			
	5.30pm	BODYPUMP Laura C	ZUMBA Ashley	BODYCOMBAT Laura C	30/30 BODYATTACK CORE Laura D				
	6.35pm	<i>Yoga</i> Karen D	MUSCLE MAX Karen S.	SH'BAM Bridget	ZUMBA Kellie				
	7.35pm				<i>Yoga</i> Karen D				

SPIN STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
	5.30am	SPINNING Heather		SPINNING Vivian		LES MILLS RPM Daniela	7.30am	LES MILLS RPM Daniela	
	8.30am	SPINNING Maddy			SPINNING Maddy		8.00am		LES MILLS RPM Jamie
	9.35am		SPINNING Tracy	SPINNING Lynda		LES MILLS RPM Laura D	9.05am	SPINNING Vivian	
	5.00pm								
	5.30pm		SPINNING Laura D		SPINNING Linda D				
	6.00pm	LES MILLS RPM Laura D		SPINNING Daniela					