MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
07:00am 08:00am	Spin Dionne	07:00am 08:00am	Pump Louise	07:00am 08:00am	Circuits Dionne	07:00AM 08:00am	Pump Louise	07.00am 08.00am	Spin Paddy	09:00am 10:00am	Spin John	09:00am 10:00am	Boot Camp Adam
08:45am 9:30am	Abs & Tone Louise	08:45am 09:30am	Tone & Trim Micheala	08:00am 09:00am	Pilates Amanda	08:00am 09:00am	Yoga-Pilates Jenny	08:00am 09:00am	Pilates Laura	10:00am 10:45am	Cardio Kick John	10:00am 11:00am	Spin Luke
09:30am 10:30am	Zumba Lindsey	09:30am 10:15am	Salsacise Micheala	09:15am 10:15am	Pilates Amanda	09:00am 10:00am	Tai-Chi Chris	09:00am 09:45am	Aerotone Louise	11:00am 11:45am	Toning John	11:00am 12:45am	YOGA Mija
10:30am 11:30am	Legs,Bums & Tums Penelope	10:15am 11:00am	Tone & Trim Micheala	10:45am 11:30am	Insanity Micheala	10:00am 11:00am	Aerotone John	09:45am 10:30am	Blast Class Louise				
11:30am 12:30am	Pilates Laura	11:15am 12:45pm	Yoga Erica	11:30am 12:30pm	Step Micheala	11:00am 11:30am	Abs & Bums John	10:30am 11:30am	Zumba Katie				
12:30am 13.30pm	Zumba Katie	14:00pm 15:00pm	Ballroom Dance Gary	13:00pm 14:15pm	Yoga Erica	11:30am 12:30pm	Move & Groove Micheala						
Pool	Pool			Pool	Pool	13:00pm 14:30pm	Yoga Kim	10:30am 11:30am	Spin Robyn				
11:30am 12:15pm	Aqua Lynn			10:30am 11:15am	Aqua Amanda			Pool	Pool				
								10:30am 11:15am	Aqua Cheryl				
18:15pm 19:15pm	Boot Camp John	18:00pm 19:00pm	Fat Loss Jez	17:45pm 18:30pm	Functional Fitness Morgan	17:30PM 18:00pm	Abs Attack John						
19:15pm 20:30pm	Yoga Maxine	19:00pm 20:30pm	Yoga Dawn	18:30pm 19:30pm	Body Blast Morgan	18:00pm 19:00pm	Circuits John						
				19:30pm 20:30pm	Pump &Tone Louise	19:00pm 20:30pm	Yoga Mija						
18:15pm 19:15pm	Spin Robyn	18:15pm 19:15pm	Spin Luke	18:30pm 19:15pm	Spin Louise								