




MONDAY AM	
9.15am - 10.00am Grace	Zumba 
9.30am - 10.30am Becky	Spin*
10.00am - 11.00am Alison	Burn & Firm
10.30am - 11.00am Gym Team	Synrgy Legs, Bums & Tums**
11.00am - 11.45am Alison	Aqua Fit
11.00am - 12.30pm Carole	Hatha Yoga
11.15am - 12.00pm Ruby	BODYPUMP EXPRESS*
11.30am - 12.30pm Faye B	Pilates

TUESDAY AM	
6.45am - 7.30am Brian	BODYPUMP EXPRESS*
9.30am - 10.30am Ali	Spin*
9.45am - 10.30am CJ	Zumba
10.30am - 11.00am Gym Team	Synrgy BodyBlast**
10.30am - 11.30am CJ	Burn & Firm
10.30am - 11.30am Ali	Aqua Fit
10.45am - 11.30am Amber	Post Natal Spin

WEDNESDAY AM	
9.30am - 10.30am Ali	Spin*
9.30am - 10.30am Mel	BODYPUMP*
10.00am - 10.45am Hayley	Zumba
10.30am - 11.00am Gym Team	Synrgy BodyBlast**
10.30am - 11.15am Sarah	Aqua Mitt
10.45 am - 11.30am Mel	BODYCOMBAT EXPRESS*
11.00am - 12.00pm Matt	Burn & Firm

THURSDAY AM	
6.45am - 7.30am Suzie	BODYPUMP*
9.15am - 10.00am Matt	Aqua Zumba
9.30am - 10.15am Robb	BODYATTACK*
9.30am - 10.15am Julie	Spin*
10.30am - 11.15am Donna F	Burn & Firm 
10.30am - 11.00am Gym Team	Synrgy BodyBlast
10.45am - 11.30pm Amber	Post Natal Spin*
11.00am - 12.30pm Carole	Hatha Yoga
11.15am - 12.00pm Donna F	HoP Blast 

MONDAY PM	
4.30pm - 5.00pm CJ	Abs Blast
5.15pm - 5.45pm Lindsay	Metafit
5.15pm - 6.00pm CJ	Dance & Sculpt
5.45pm - 6.15pm Ali	Express Spin*
6.00pm - 7.00pm Lindsay	BODYCOMBAT*
6.00pm - 7.00pm Brian	BODYPUMP*
6.30pm - 7.30pm Ali	Spin*
7.00pm - 8.00pm Faye	Pilates
7.15pm - 8.00pm Urska	Burn & Firm
7.15pm - 8.15pm Mark	HIIT Circuits
7.30pm - 8.15pm Amber/Nick	Spin*
8.00pm - 9.30pm Lynn	Yoga
8.05pm - 8.50pm Urska	Kettlercise

TUESDAY PM	
12.00pm - 12.45pm Faye	Pilates
12.15pm - 12.45pm Amber	Express Spin*
2.15pm - 3.00pm Joy	Beginners Pilates
3.00pm - 3.45pm Julie	ES - Dance 
5.15pm - 6.00pm Ruby	Spin*
5.15pm - 6.00pm CJ	Ab Blast
6.00pm - 6.45pm Donna F	HoP Blast
6.00pm - 7.00pm Mel	BODYCOMBAT*
6.00pm - 7.00pm Ruby	Spin*
6.00pm - 7.30pm Lisa	Hatha Yoga
6.45pm - 7.30pm Donna F	PiYo
7.00pm - 7.45pm Gemma	Zumba
7.15pm - 8.00pm Amber / Elizabeth	Spin*
7.45pm - 8.30pm Urska	Kettlercise
8.00pm - 9.30pm Lisa	Hatha Yoga








WEDNESDAY PM	
12.15pm - 1.00pm Matt	Pilates
5.15pm - 5.45pm Lindsay	Metafit
5.20pm - 6.05pm Matt	Aqua Zumba
5.30pm - 6.15pm Donna F	Pound
5.45pm - 6.15pm Jan	Express Spin*
6.00pm - 7.00pm Lindsay	BODYPUMP*
6.15pm - 7.00pm CJ	Dance & Sculpt
6.30pm - 7.15pm Donna F	PiYo
6.30pm - 7.30pm Jan	Spin*
6.15pm - 7.15pm Ali	Aqua Fit
7.15pm - 8.15pm Jo	Super Circuits
7.15pm - 8.00pm Gemma	Zumba
7.15pm - 8.15pm Deanna	Swim Fit

THURSDAY PM	
5.15pm - 6.00pm CJ	Abs Blast
5.15pm - 6.00pm Nichola	Intro to Spin*
6.00pm - 7.00pm Donna D	Burn & Firm
6.00pm - 7.00pm Faye	Pilates
6.15pm - 7.00pm CJ	Spin*
7.00pm - 7.45pm Sasha	Hoola Hoop
7.00pm - 7.45pm Matt	BODYATTACK*
7.00pm - 7.45pm CJ	Spin*
8.00pm - 8.45pm Sasha	Hoola Hoop


FRIDAY AM	
6.45am - 7.30am Brian	BODYPUMP EXPRESS*
9.30am - 10.30am Becky	Spin*
10.00am - 10.45am CJ	Dance & Sculpt Remix
10.00am - 11.00am Donna F	Burn & Firm
10.30am - 11.00am Gym Team	Synrgy BodyBlast**
10.45am - 11.30am CJ	Abs Blast
11.00am - 11.45am Donna F	Beginners Pilates

SATURDAY	
8.45am - 9.15am Ali	Express Spin*
9.15am - 10.00am Grace	Zumba
9.30am - 10.30am Ali	Spin*
10.30am - 11.00am Gym Team	Synrgy BodyBlast**
4.15pm - 5.00pm Amber / Nick	Spin*

SUNDAY	
9.00am - 9.45am CJ	Spin*
9.00am - 10.00am Louise	BODYPUMP*
9.30am - 10.45am Esther	Strala Yoga
10.00am - 10.45am CJ	Spin*
10.30am - 11.00am Gym Team	Synrgy BodyBlast**
10.15am - 11.00am Lindsay	BODYCOMBAT EXPRESS*
11.00am - 11.45am Robb	BODYATTACK*
5.00pm - 5.45pm Ruby	Spin*
6.00pm - 6.45pm Ruby	Clubbercise

QUICK KEY	
Cardio	
Complete Body Workout	
Interval	
Mind & Body	
Strength / Conditioning	
Water Workout	
Exercise Safely	

 - New Instructor

FRIDAY PM	
12.00pm - 1.00pm Donna F	Advanced Pilates
3.00pm - 3.45pm Julie	ES - Dance 
4.30pm - 5.30pm Jo	HIIT Workout & Abs
5.00pm - 5.45pm Amber	Spin*
5.15pm - 6.00pm Gemma	Zumba
6.00pm - 7.00pm Janey	Burn & Firm
6.30pm - 7.30pm Ali	Spin*
7.15pm - 8.00pm Holly	BODYPUMP EXPRESS*
7.30pm - 8.30pm Urska	Pilates