

BR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>BIKE - Beats</b> 07:00 - 07:45 A Para	<b>BODYPUMP™</b> 07:00-07:45 A Joe	<b>YOGA</b> 07:00-07:45 B Dezi	<b>BIKE - Beats</b> 07:00-07:45 A Roger		<b>BIKE-HIIT</b> 09:00-10:00 A Nadine	<b>BIKE - Beats</b> 10:30-11:15 A Darren
LUNCH	<b>YOGA</b> 12:30 - 13:15 B Charlie	<b>PILATES</b> 12:30-13:30 B Adrian	<b>BIKE_Sprint</b> 12:15 - 12:45 A Yaw	<b>PILATES</b> 12:15-13:15 B Adrian	<b>BODYPUMP™</b> 12:30-13:15 A Edgar	<b>PILATES</b> 09:30-10:30 B Adrian	<b>YOGA</b> 11:15 - 12:15 B Frankie
	<b>BODYCOMBAT™</b> 12:15-13:00 A Abe	<b>CORE WHEEL</b> 13:00-13:30 Tony	<b>BARRE</b> 12:30-13:15 B Chadet	<b>DRILL</b> 12:30-13:00 A Yaw	<b>3:5:15</b> 13:15 - 13:30 A Fitness Team	<b>BODYPUMP™</b> 10:15-11:15 A Jennie	
	<b>BIKE- Beats</b> 13:00-13:45 A Abe	<b>INSANITY®</b> 13:30 -14:00 A Tony		<b>CORE</b> 13:00-13:30 A Yaw		<b>BIKE-HIIT</b> 11:15-12:00 A Mandi	
EVENING	<b>BIKE - Beats</b> 17:45 - 18:30 A Roger	<b>3:5:15</b> 18:00 - 18:15 Gym Fitness Team		<b>LEGS, TUMS &amp; BUMS</b> 18:00-18:40 A Abbie	<b>YOGA</b> 18:00-19:00 B Karl	<b>BODYCOMBAT™</b> 12:30 - 13:30 A Eva	
	<b>3:5:15</b> 18:00 - 18:15 Gym Fitness Team	<b>BROKEN</b> 18:00 - 18:45 A Will L	<b>BODYPUMP™</b> 18:00-18:45 A Edgar	<b>BIKE - Beats</b> 18:45 - 19:15 A Abbie		<b>YOGA</b> 12:30 - 13:30 B Michael	
	<b>BODYPUMP™</b> 18:30 - 19:30 A Andrew	<b>CORE</b> 18:45-19:15 A Desmond	<b>BODYCOMBAT™</b> 18:45-19:30 A Maureen	<b>YOGA</b> 18:45-19:45 B Alice			
	<b>PILATES</b> 18:45 - 19:45 B Roger	<b>YOGA</b> 19:15-20:15 B Ania	<b>PILATES</b> 18:45-19:45 B Massimo	<b>BODYPUMP™</b> 19:20-20:05 A Jac			
	<b>BARRE</b> 19:30-20:15 A Chadet	<b>FIGHT FIT</b> 19:15-20:00 A Desmond	<b>BIKE-HIIT</b> 19:30-20:15 A Mandi				

**KEY**

- EXCLUSIVE SOHO
- HIIT
- HOLISTIC
- BIKE
- STRENGTH
- COMBAT
- DANCE