

CC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>BIKE-HIIT</b> 06:25-06:55 B Lisa	<b>HIIT</b> 06:25 - 06:55 A John K	<b>BODYPUMP™</b> 06:45-07:30 A Joe L	<b>DRILL</b> 06:25 - 06:55 A Mandi	<b>DRILL</b> 07:00-07:45 A Mandi	<b>BIKE-HIIT</b> 08:15-09:00 B Mandi	<b>LEGS, TUMS &amp; BUMS</b> 9.30-10.15 A Grace
	<b>BODYPUMP™</b> 07:00-07:45 A Andrea P	<b>BIKE-HIIT</b> 7.00-7.30 B John K		<b>BIKE-HIIT</b> 07:00-07:45 B Mandi		<b>YOGA</b> 09:00-10:15 A Simon B	<b>YOGA</b> 10:20-11:20 A Tatjana
						<b>BODYATTACK™</b> 10:15-11:00 A Matt D	<b>BIKE-HIIT</b> 11.20-12.05 B Sal
						<b>BODYPUMP™</b> 11:00-12:00 A Matt D	<b>3:5:15</b> 11:45-12:00 Track Fitness Team
LUNCH	<b>3:5:15</b> 12:30 - 12:50 Track Fitness Team	<b>3:5:15</b> 12:30 - 12:45 Track Fitness Team	<b>BARRE</b> 12:30-13:15 A Andrea P	<b>YOGA</b> 12:30-13:30 A Richard T	<b>3:5:15</b> 12:30 - 12:45 Track Fitness Team	<b>BARRE</b> 12:00-12:45 A Andrea P	<b>BODYPUMP™</b> 12:15-13:00 A Edgar
EVENING	<b>CORE WHEEL</b> 18:00-18:30 A Yaw	<b>3:5:15</b> 18:10-18:30 Track Fitness Team	<b>3:5:15</b> 18:00-18:15 Track Fitness Team	<b>BIKE - Beats</b> 18:15-19:00 B Vicky T	<b>BIKE- Sprint</b> 18:30-19:15 B Yaw		<b>PILATES</b> 16:00-17:00 A Michael
	<b>BODYPUMP™</b> 18:30-19:30 A John S	<b>BROGA® FITNESS YOGA</b> 18:30-19:15 A Richard T	<b>BODYPUMP™</b> 18:15-19:00 A Pam	<b>BOX TRAINING</b> 18:30 - 19:00 A Nikki			
	<b>BIKE - Beats</b> 19:00 - 19:45 B Abbie	<b>BIKE-HIIT</b> 19:15-20:00 B Lisa	<b>INSANITY®</b> 19:15-20:05 A Bella	<b>3:5:15</b> 18:45-19:00 Track Fitness Team			
	<b>BODYATTACK™</b> 19:30-20:15 A Izzy	<b>BODYPUMP™</b> 19:15-20:15 A John K	<b>YOGA</b> 20:15-21:15 A Michael L	<b>LEGS, TUMS &amp; BUMS</b> 19:00-19.45 A Vicky T			
	<b>PILATES</b> 20:15-21:15 A Sergio			<b>BIKE-HIIT</b> 19:15-20:00 B Mandi			

**KEY**

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