

TH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>	<b>BODYPUMP™</b> 07:15 - 08:00 A Matt D	<b>INSANITY®</b> 07:15 - 07:45 A Sue H	<b>BIKE- Beats</b> 07:15 - 08:00 B Kamil	<b>SPINNING®</b> 07:15 - 08:00 B Luca	<b>BIKE-HIIT</b> 07:15 - 08:00 B Para	<b>RPM</b> 09:15-10:00 B Virtual
	<b>BIKE-HIIT</b> 07:15 - 08:00 B Mandi	<b>SPINNING®</b> 07:15 - 08:00 B Luca	<b>HIIT CONDITION</b> 07:15 - 08:00 A Grace			<b>BIKE</b> 10:15-11:00 B Virtual
	<b>BIKE</b> 08:15-08:45 B Virtual	<b>RPM</b> 08:15-08:45 B Virtual	<b>BIKE</b> 08:15-08:45 B Virtual	<b>RPM</b> 08:15-08:45 B Virtual	<b>RPM</b> 08:15-08:45 B Virtual	<b>DRILL</b> 11:00 - 11:30 Gym Fitness Team
<b>LUNCH</b>	<b>RPM</b> 12:30-13:00 B Virtual	<b>LEGS, TUMS &amp; BUMS</b> 12:15 - 13:00 A Lorraine	<b>RPM</b> 12:00-12:30 B Virtual	<b>BODYPUMP™</b> 12:15 - 13:00 A Edgar	<b>ZUMBA®</b> 12:15 - 13:00 A Tara	<b>RPM</b> 12:00-12:45 B Virtual
	<b>CORE DE FORCE®</b> 12:15 - 12:45 A Sue H	<b>3:5:15</b> 12:30 - 12:45 Track Fitness Team	<b>YOGA</b> 12:15 - 13:00 A Paulias	<b>3:5:15</b> 12:30 - 12:45 Track Fitness Team	<b>3:5:15</b> 12:30 - 12:45 Track Fitness Team	<b>3:5:15</b> 13:00 - 13:15 Gym Fitness Team
	<b>3:5:15</b> 12:30 - 12:45 Track Fitness Team	<b>BIKE-HIIT</b> 13:05 - 13:45 B Para		<b>CXWORX</b> 13:00 - 13:30 A George	<b>BIKE- Beats</b> 13:05 - 13:45 B Abe	
	<b>CXWORX</b> 12:45 - 13:15 A Natalia	<b>HIIT</b> 13:10 - 13:40 A Jermaine	<b>BROKEN</b> 13:05 - 13:45 Rachelle	<b>BIKE- Beats</b> 13:05 - 13:45 B Lorraine	<b>DRILL</b> 13:10 - 13:40 A Zee	
	<b>PILATES</b> 13:15-14:00 A Morrighan	<b>RPM</b> 14:00-14:45 B Virtual				
	<b>BIKE-HIIT</b> 13:05 - 13:45 B Nadine		<b>BIKE-HIIT</b> 13:05 - 13:45 B Petya			
			<b>3:5:15</b> 13:30 - 13:45 Track Fitness Team			
<b>EVENING</b>	<b>RPM</b> 17:15-17:45 B Virtual	<b>RPM</b> 17:00-17:30 B Virtual	<b>RPM</b> 17:00-17:30 B Virtual	<b>RPM</b> 17:15-17:45 B Virtual	<b>RPM</b> 17:15-17:45 B Virtual	
	<b>BOX TRAINING</b> 17:30 - 18:15 A Zee	<b>BIKE- Sprint</b> 17:45 - 18:30 B Yaw	<b>HIIT CARDIO CONDITION</b> 17:45 - 18:30 A Lorraine	<b>BIKE- Beats</b> 17:45 - 18:30 B Kate B		
	<b>SPINNING®</b> 18:00 - 18:45 B Rachelle	<b>BODYCOMBAT™</b> 18:15 - 19:00 A Siu	<b>YOGA</b> 18:30-19:30 A Alice	<b>BROKEN</b> 18:00 - 18:45 A Rachelle		
	<b>BODYCOMBAT™</b> 18:15 - 19:00 A Maureen	<b>BIKE</b> 19:15-19:45 B Virtual	<b>RPM</b> 18:45-19:15 B Virtual	<b>RPM</b> 19:00-19:30 B Virtual		
	<b>BIKE</b> 19:15-19:45 B Virtual					

KEY	
<b>EXCLUSIVE SOHO</b>	<b>HIIT</b>
<b>HOLISTIC</b>	<b>BIKE</b>
<b>STRENGTH</b>	<b>COMBAT</b>
<b>DANCE</b>	