

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
					<u>08.00 – 08.40am</u> HIIT Jenny	
<u>09.30 – 10.10am</u> Gentle Yoga Caroline	<u>09.30 – 10.10am</u> Pilates Caroline	<u>09.30 – 10.10am</u> BodyBurn Becky	<u>09.30 – 10.10am</u> Body Toning Karen	<u>09.30 – 10.10am</u> Hi/Lo Frank	<u>9.30 – 10.10am</u> Spin Ivan	<u>09.30 – 10.10am</u> Cardio Core Karen
<u>10.30 – 11.10am</u> BodyBurn Karen	<u>10.30-11.10am</u> Cardio Tone Frank	<u>10.30 – 11.10am</u> Flow Yoga Didi	<u>10.30 – 11.10am</u> Warfare Emma	<u>10.30 – 11.10am</u> DanceFit Linzi	<u>10.30 – 11.10am</u> Yogalates Didi	<u>10.30 – 11.10am</u> Legs Bums Tums Jenny
<u>6.30 – 7.10pm</u> Abs & Core Karen	<u>6.30 – 7.10pm</u> Cardio Core Jenny	<u>6.30 – 7.10pm</u> Body Toning Karen	<u>6.30-7.10pm</u> HIIT Jenny	<u>6.30 – 7.10pm</u> Flow Yoga Caroline		
<u>7.30 – 8.10pm</u> HIIT Jenny	<u>7.30 – 8.10pm</u> Gentle Yoga Caroline	<u>7.30 – 8.10pm</u> BoxFit Ivan	<u>7.30-8.10pm</u> Pilates Didi			