



# Group Exercise Timetable

## Thursday 12 Nov until Sunday 22 Nov

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp</b> 6.00 am Carissa	<b>Body Pump</b> 6.00 am Louise	<b>Body Pump</b> 6.00 am Sophie	<b>Bootcamp</b> 6.00 am Carissa	<b>Bootcamp</b> 6.00 am Brodie	<b>RPM</b> 8.15 am Jane	<b>Yoga</b> 8.15 am Frank
<b>Metafit</b> 7.15 am Carissa	<b>Cycle</b> 7.15 am Carissa	<b>One Hiit Wonder</b> 7.15 am Carissa	<b>Metafit</b> 7.15 am Carissa	<b>Yoga</b> 8.30 am Orly	<b>Body Pump</b> 9.30 am Kristina	<b>Body Combat</b> 9.30 am Jayne
<b>Yoga</b> 8.15 am Lorraine	<b>Yoga</b> 8.15 am Vicki	<b>Body Balance</b> 8.30 am Jen	<b>Body Attack</b> 9.45 am Leila	<b>Body Combat</b> 9.45 am Leila	<b>Zumba</b> 10.45 am Cheryl	<b>Body Pump</b> 10.45 am Phil
<b>Body Pump</b> 9.30 am Jenna	<b>Bootcamp</b> 9.30 am Kristy	<b>Body Pump</b> 9.45 am Leila	<b>RPM</b> 11 am Sue	<b>Body Pump</b> 11 am Kristina	<b>Pilates</b> 12.00 pm Sam	<b>Step</b> 12.00 pm Phil
<b>RPM</b> 10.45 am Sue	<b>Body Balance</b> 10.45 am Clorinda	<b>Bootcamp</b> 11 am Kristy	<b>Body Pump</b> 12.45 pm Gayatri	<b>Bootcamp</b> 12.15 pm Kristy	<b>Body Pump</b> 2.30 pm Orly	<b>Body Pump</b> 2.30 pm Gayatri
<b>Pilates</b> 11.45 am Betty	<b>Body Attack</b> 12.00 pm Leila	<b>Yoga</b> 12.15 pm Clorinda	<b>Pilates</b> 1.30 pm Gayatri	<b>THT</b> 1.30 pm Annie	<b>Yoga</b> 3.30 pm Orly	
<b>Body Pump</b> 1 pm Leila	<b>T.H.T.</b> 1.15 pm Annie	<b>Metafit</b> 1.30 pm Sue	<b>Strength Fit</b> 4 pm Mike/Sarah	<b>Cycle</b> 4 pm Carissa		
<b>Pilates</b> 2.15 pm Betty	<b>Bootcamp</b> 4 pm Sarah	<b>Bootcamp</b> 4 pm Carissa	<b>Body Pump</b> 5.15 pm Orly	<b>Step</b> 5.15 pm Phil		
<b>Cycle</b> 4 pm Carissa	<b>Strength Fit</b> 5.15 pm Sarah	<b>Body Combat</b> 5.15 pm Jayne	<b>RPM</b> 6.30 pm Orly	<b>Body Pump</b> 6.30 pm Phil		
<b>Metafit</b> 5 pm Kristina	<b>Step</b> 6.30 pm Phil	<b>Cycle</b> 6.30 pm Carissa	<b>Konga Burn</b> 7.45 pm Iva	<b>Zumba</b> 7.45 pm Lynn		
<b>Body Pump</b> 6 pm Kristina	<b>Body Pump</b> 7.45 pm Phil	<b>Zumba</b> 7.45 pm Lynn	<b>Yoga</b> 9 pm Janet			
<b>Body Attack</b> 7.15 pm Olivia	<b>Yoga</b> 9 pm Janet	<b>Yoga</b> 9 pm Janet				
<b>Body Combat</b> 8.30 pm Jayne						