



Timetable

PH: 9576 5557

FEBRUARY

MONDAY 5:30am-10:30pm	TUESDAY 5:30am-10:30pm	WEDNESDAY 5:30am-10:30pm	THURSDAY 5:30am-10:30pm	FRIDAY 5:30am-10:30pm	SATURDAY 5:30am-10:30pm	SUNDAY 5:30am-10:30pm
6:15AM Group Training KYLEIGH	6:00AM TRI JENNY	6:15AM Group Training CHRISTINE		6:15AM Group Training KYLEIGH	8:00AM Cardio Pilates EVA	
9:20AM Stronger RAMONA		9:20AM Pilates KIRSTI	9:20AM Stronger SABRINA	9:20AM Booti Burn CHRISTINE		
9:30AM Cycle Surprise KYLEIGH	9:30AM Super Circuit SABRINA	9:30AM TRI SABRINA	9:30AM X-Press Cycle SABRINA	9:30AM Super Circuit KYLEIGH	9:00AM Booti Burn EVA	9:00AM Group Training VARIOUS
					10:00AM Cycle/Box Sabby/Kyleigh	10:00AM Yoga ELLEN
10:30AM Vitalise Circuit RAMONA	10:30AM Vitalise Strength RAMONA	10:30AM Vitalise Circuit RAMONA	10:30AM Vitalise Circuit RAMONA	10:30AM Vitalise Fitball RAMONA	11:00AM Dance ARI	
					2:00PM Pilates CAROLINE	
5:45PM TRI EVA	5:30PM Cycle X-Press Kyleigh	5:45PM HIIT JENNY	5:45PM Cardio Pilates EVA			
6:45PM Boxing JENNY	6:00PM Stronger KYLEIGH	6:45PM Booti Burn EVA	6:45PM Stronger RAMONA			
7:45PM Stretch & Tone EVA	7:00PM Pilates/Barre LEIGH	7:45PM Dance Various	7:45pm Pilates ANTHEA			