



Timetable

MARCH

PH: 9576 5557 STAFFED HOURS: MON-SUN 8AM-12NOON & MON-SUN 4PM-8PM

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 BIANCA	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 Group Training SABRINA	9:30AM Cycle/Box SABRINA	10:15AM X-Press Cycle SABRINA	9:30AM Super Circuit KYLEIGH	9:00AM Booti Burn EVA	9:00AM Group Training RAMONA/SABBY
		10:30AM TRI Class SABRINA			9:30AM Cycle X-Press Sabby/Kyleigh	10:15AM 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	10:00AM Boxing Sabby/Kyleigh	
					11:00AM Zumba ARI	
	5:30PM Cycle X-Press Kyleigh	5:45PM HIIT NICKI	5:45PM Cardio Pilates EVA		2:00PM Pilates CAROLINE	
6:00PM TRI EVA	6:00PM Stronger KYLEIGH	6:45PM Booti Burn EVA	6:45PM Stronger RAMONA			
7:00PM Stretch & Tone BIANCA	7:00PM Pilates/Barre LEIGH	7:45PM Zumba RHONDA	7:45pm Pilates LEIGH			