



Timetable

AUGUST

PH: 9576 5557 STAFFED HOURS: MON-SUN 8AM-12NOON & MON-THU 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 RAMONA | 6:00AM TRI EMMA | 6:15AM Group Training KYLEIGH | 8:00AM TRI EVA | |
| 9:20AM Stronger RAMONA | | 9:20AM Pilates KIRSTI | 9:20AM Stronger SABRINA | 9:20AM TRI SABRINA | | |
| 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 | | | 2:00PM Pilates CAROLINE | |
| 6:00PM TRI EVA | 6:00PM Stronger KYLEIGH | | 6:00PM THT RAMONA | | | |
| 7:00PM Yoga Tune-up Balls & Meditation BIANCA | 7:00PM Pilates/Barre LEIGH | 7:00PM Zumba ING | 7:00PM Pilates LEIGH | | | |