



Timetable

AUGUST

BOOKINGS REQUIRED FOR CYCLE

**PH: 9576 5557 STAFFED HOURS: MON-SUN 8:00AM-12:00 & MON-THU 4:00PM-8:00PM
OPEN EVERYDAY 5:30AM TO 10:30PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM CYCLE GEMMA	6:00AM BOOTI/CORE EVA	6:00AM TRI GEMMA	6:00AM GROUP TRAIN CAROLINE	6:00AM BEACH BOD EVA		9:00AM GROUP TRAIN VARIETY
					8:00AM CYCLE VARIETY	
9:15AM STRONGER RAMONA	9:30AM ARMS & ABS GEMMA	9:15AM BOOTI-BURN RAMONA	9:30AM FIT FLOW EVA	9:15AM TRI EVA	9:00AM FIT FLOW EVA	
10:30AM VIT CIRCUIT RAMONA	10:30AM VIT STRENGTH RAMONA	10:30AM VIT CIRCUIT RAMONA	10:30AM VIT CIRCUIT RAMONA	10:30AM VIT FIT-BALL RAMONA	10:00AM PILATES CATRIONA	
5:30PM BOOTI-BURN EVA	6:00PM BEACH BOD EVA	5:30PM BOOTI-CORE RUBY	5:45PM THT RAMONA			
6:30PM CARDIO-PILATES RUBY	6:30PM CYC/BOX (b.y.o gloves) KOKO	6:30PM ARMS & ABS RAMONA	6:45PM YOGA MEITAL			
7:30PM YOGA MEITAL		7:30PM PILATES EMILY				