



Timetable

FEBRUARY

BOOKINGS REQUIRED FOR CYCLE

**PH: 9576 5559 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 STRONGFIT ALLIRA	6:00AM GROUP TRAIN MOLLY	6:00AM RESULTS <i>STARTS 31/1/2024</i> CAROLINE	6:00AM TRI ALLIRA	6:00AM BEACH BOD EVA	7:30AM CYCLE <i>STARTS 3/2/2024</i> KOKO/GEMMA	9:00AM GROUP TRAIN VARIETY
					8:20AM CYCLE <i>STARTS 3/2/2024</i> KOKO/GEMMA	10:15AM YOGA <i>BEGINNERS</i> IZZY
9:15AM BEACH BOD KOKO	9:30AM ARMS & ABS GEMMA	9:15AM FIT FLOW RAMONA	9:30AM BOOTI-BURN MOLLY	9:15AM TRI KOKO	9:00AM FIT FLOW MOLLY	
10:15AM SPIN & TONE <i>STARTS 12/2/2024</i> ALLIRA						
10:30AM VIT CIRCUIT KOKO	10:30AM VIT STRENGTH GEMMA	10:30AM VIT CIRCUIT RAMONA	10:30AM VIT CIRCUIT RAMONA	10:30AM VIT FIT-BALL RAMONA		
					1:00PM PILATES CAROLINE	
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 CYCLE/BOX KOKO	6:30PM ARMS & ABS RAMONA				
7:30PM YOGA <i>VINYASA</i> MEITAL			6:45PM YOGA MEITAL			