



# Timetable

## APRIL

### 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  GEMMA	6:00AM RESULTS  CAROLINE	6:00AM TRI  ALLIRA	6:00AM BEACH BOD  EVA	8:00AM CYCLE  KOKO/GEMMA	9:00AM GROUP TRAIN  VARIETY
					8:50AM CYCLE  KOKO/GEMMA	10:15AM YOGA BEGINNERS IZZY
9:15AM BEACH BOD  KOKO	9:30AM ARMS & ABS  KOKO	9:15AM FIT FLOW  RAMONA	9:30AM BOOTI-BURN  GEMMA	9:15AM TRI  KOKO	9:00AM FIT FLOW  RAMONA	
10:15AM SPIN & TONE  ALLIRA						
10:30AM VIT CIRCUIT  KOKO	10:30AM VIT STRENGTH  KOKO	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 PILATES  CAROLINE	7:00pm YOGA  MEITAL		6:45pm YOGA  MEITAL			