

Monday

9.30am-10.15am	Aerobics
10.30am-11.15am	Body Pump
12.30pm –1.30pm	Body Balance
4.30pm-5.30pm	Family Zumba
5.15pm-5.45pm	Family Yoga
5.45pm-6.45pm	Body Balance
6.00pm-7.00pm	Zumba
6.05pm-6.50pm	LBT
7.00pm-7.45pm	Body Pump
7.00pm-8.00pm	Body Jam
7.15pm-8.00pm	Circuits
8.15pm-9.00pm	Body Combat

Tuesday

9.30am-10.15am	Body Jam
10.30am-11.15am	Body Conditioning
11.00am-12.00pm	Buggy Fit
11.30am-12.15pm	Strong
12.30pm-1.15pm	Yoga
13.30pm-2.15pm	Post Natal Fitness Pilates
5.30pm-6.00pm	Extreme Conditioning
6.15pm-7.00pm	LBT
7.00pm-8.00pm	Body Pump
7.15pm-8.00pm	Aerobics
8.15pm-9.00pm	Yoga

Wednesday

6.45am-7.30am	Extreme Conditioning
9.00am-9.45am	Forever Active
9.45am-10.30am	LBT
10.30am-11.15am	Body Pump
12.30pm-1.15pm	Body Balance
1.30pm-2.15pm	Parent & Baby LBT
4.30pm-5.15pm	Family Circuits
5.15pm-6.00pm	Body Balance
6.00pm-7.00pm	Body Combat
6.15pm-7.00pm	Body Conditioning
7.00pm-7.45pm	Body Attack
7.00pm-7.45pm	Circuits
8.00pm-9.00pm	Body Balance

Thursday

9.30am-10.15am	Body Combat
10.30am-11.15am	Body Pump
11.45am-12.45pm	Barre
12.45pm-1.45pm	Yoga
6.00pm-7.00pm	Body Jam
6.00pm-6.45pm	Body Pump
6.05pm-6.50pm	Pilates
7.15pm-8.00pm	Yoga
7.15pm-8.15pm	Strong
8.15pm-9.00pm	Yoga

Friday

9.30am-10.15am	Body Jam
10.30am-11.15am	Body Balance
11.30am-12.30pm	Body Combat
12.45pm-1.30pm	Body Pump
6.00pm-7.00pm	Body Attack

Saturday

8.15am-9.00am	Body Pump
9.30am-10.30am	Body Conditioning
10.45am-11.45am	Body Balance

Sunday

8.00am-8.45am	Strong
9.00am-9.45am	Zumba
9.45am-10.30am	LBT
10.00am-11.00am	Circuits