

|                                | MONDAY                       | TUESDAY                 | WEDNESDAY               | THURSDAY                | FRIDAY                       | SATURDAY                | SUNDAY                  |                         |                         |                         |                       |                         |                   |
|--------------------------------|------------------------------|-------------------------|-------------------------|-------------------------|------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------|
| <b>MORNING</b><br>6am til 12pm | 06:10 - 06:40<br>Studio      | Circuits<br>Craig       |                         | 06:10 - 06:55<br>Studio | Yoga<br>Ashleigh             | 07:15 - 07:45<br>Gym    | Induction<br>Calum      | 09:30 - 10:15<br>Studio | Body Combat<br>Carrie   | 09:20 - 09:50<br>Studio | Abs<br>Ashleigh       | 10:15 - 11:00<br>Studio | Circuits<br>Owen  |
|                                | 07:00 - 07:30<br>Gym         | Induction<br>Craig      |                         | 09:30 - 10:15<br>Studio | Zumba<br>Claire              | 09:30 - 10:15<br>Studio | Body Combat<br>Carrie   |                         |                         | 10:00 - 10:30<br>Gym    | Induction<br>Ashleigh | 11:00 - 11:45<br>Studio | Yoga<br>Tracy     |
|                                | 09:30 - 10:15<br>Studio      | Yoga<br>Tracy           |                         |                         |                              |                         |                         |                         |                         | 10:05 - 10:50<br>Studio | Boxfit<br>Mo          |                         |                   |
|                                |                              |                         |                         |                         |                              |                         |                         |                         |                         | 11:00 - 11:45<br>Studio | Yoga<br>Pia           |                         |                   |
|                                |                              |                         |                         |                         |                              |                         |                         |                         |                         |                         |                       |                         |                   |
|                                |                              |                         |                         |                         |                              |                         |                         |                         |                         |                         |                       |                         |                   |
| <b>DAYTIME</b><br>12pm til 5pm | 12:30 - 13:00<br>Studio      | Booty Build<br>Ashleigh | 12:30 - 13:00<br>Studio | Yoga<br>Ashleigh        | 12:30 - 13:00<br>Studio      | Bootcamp<br>Calum       | 12:15 - 12:45<br>Gym    | Induction<br>Craig      | 12:30 - 13:00<br>Studio | Booty Build<br>Kered    |                       | 12:00 - 12:30<br>Gym    | Induction<br>Owen |
|                                | 13:15 - 13:45<br>Gym         | Induction<br>Ashleigh   |                         |                         | 13:15 - 13:45<br>Gym         | Induction<br>Calum      | 13:00 - 13:30<br>Studio | Abs<br>Craig            |                         |                         |                       |                         |                   |
|                                |                              |                         | 16:30 - 16:55<br>Studio | Abs<br>Owen             |                              |                         |                         |                         |                         |                         |                       |                         |                   |
| <b>EVENING</b><br>5pm til 10pm | 17:10 - 17:55<br>Studio      | Bootcamp<br>Calum       | 17:00 - 17:25<br>Studio | HIIT<br>Craig           | 17:20 - 17:50<br>Studio      | Booty Build<br>Ashleigh | 17:00 - 17:30<br>Gym    | Induction<br>Owen       | 18:05 - 18:50<br>Studio | Bootcamp<br>Mo          |                       |                         |                   |
|                                | 17:15 - 17:45<br>Gym         | Induction<br>Kered      | 17:30 - 18:00<br>Studio | Boxfit<br>Calum         | 18:00 - 18:30<br>Gym         | Induction<br>Ashleigh   | 17:20 - 17:50<br>Studio | Boxfit<br>Calum         |                         |                         |                       |                         |                   |
|                                | 18:05 - 18:50<br>Studio      | LBT<br>Kered            | 18:05 - 18:50<br>Studio | Zumba<br>Claire         | 18:00 - 18:45<br>Studio      | Yoga<br>Pia             | 18:00 - 18:45<br>Studio | Body Pump<br>Carrie     |                         |                         |                       |                         |                   |
|                                | 18:00 - 18:30<br>Spin Studio | Spin<br>Becca           | 19:15 - 19:45<br>Gym    | Induction<br>Calum      | 18:00 - 18:30<br>Spin Studio | Spin<br>Becca           | 19:00 - 19:45<br>Studio | Yoga<br>Ashleigh        |                         |                         |                       |                         |                   |
|                                | 18:35 - 19:05<br>Spin Studio | Spin<br>Becca           | 19:15 - 20:00<br>Studio | Body Combat<br>Carrie   | 18:35 - 19:05<br>Spin Studio | Spin<br>Becca           | 20:00 - 20:30<br>Studio | HIIT<br>Owen            |                         |                         |                       |                         |                   |
|                                | 19:10 - 19:55<br>Studio      | Yoga<br>Becca           |                         |                         | 19:00 - 19:45<br>Studio      | Zumba<br>Claire         |                         |                         |                         |                         |                       |                         |                   |

|   |          |   |           |
|---|----------|---|-----------|
|  | CARDIO   |  | MIND/BODY |
|  | STRENGTH |  | DANCE     |
|  | INTERVAL |  | INDUCTION |

There is no booking system for classes. Please turn up in good time and take your place in the studio. If all places are full, please join a later class.