



DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>SPRINT/METAFIT</b> Harry		<b>RPM</b> Christella	<b>FATBURNER</b> Steve			
6:15am		<b>BODYPUMP</b> Christella					
8:15am						<b>CYCLE</b> Roz	
9:00am						<b>BODYSTEP</b> Mark	
9:30am	<b>BODYSTEP</b> Roz	<b>BODYPUMP</b> Orly	<b>FATBURNER</b> Roz	<b>ZUMBA</b> Gee	<b>BODYPUMP</b> Kris		<b>BODYCOMBAT</b> Leila
10:00am						<b>BODYPUMP</b> Orly	
10:30am	<b>MAT PILATES</b> Liz	<b>YOGA</b> Orly	<b>YOGA</b> Corinna	<b>MAT PILATES</b> Catherine	<b>ZUMBA</b> Gee/Mem		<b>BODYBALANCE</b> Catherine, Claire, Shel, Jane
11:00am						<b>ZUMBA</b> Cherie	
5:30pm	<b>RPM</b> Christella	<b>BODYPUMP</b> Jodie	<b>BODYSTEP</b> Mark	<b>CYCLE</b> Roz			
6:00pm					<b>FATBURNER</b> Steve		
6:15pm	<b>BODYPUMP</b> Claire		<b>BODYPUMP</b> Liz	<b>BODYATTACK</b> Claire			
6:30pm		<b>RPM</b> Christella					
7:05pm				<b>SH'BAM</b> Penny/Josh			
7:15pm	<b>BODYATTACK</b> Claire	<b>MAT PILATES</b> Irina	<b>SH'BAM</b> Urly				
8:05pm	<b>YOGA</b> Ranjit	<b>ZUMBA</b> Zanriela		<b>YOGA</b> Cheryl			

\*Classes are subject to change. Please check the app for any updates.