

## FITNESS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Spin</b> 6.15am – 7am		<b>Spin</b> 6.15am – 7am			
<b>Spin</b> 7am – 7.45am		<b>Spin</b> 7am – 7.45am				
<b>Move freely - Endurance</b> 8.15am – 9am	<b>Pilates</b> 8.15am – 9.15am	<b>Move freely – Flexibility</b> 8.15am – 9am	<b>Spin</b> 8am – 8.45am	<b>Spin</b> 8am – 8.45am		
<b>Core focus</b> 9am – 9.15am		<b>Core focus</b> 9am – 9.15am	<b>Pilates</b> 8.15am – 9.15am	<b>Bodypump</b> 8.15am – 9.15am	<b>Bodyattack</b> 9am – 10am	
<b>Body Blast</b> 9.30am – 10.30am	<b>Metafit</b> 9.30am – 10am	<b>Bodypump</b> 9.30am – 10.30am	<b>Cxworx</b> 9.30am – 10am	<b>Metafit</b> 9.30am – 10.00am	<b>Spin</b> 9.15am – 10am	<b>Bodypump</b> 9.30am – 10.30am
<b>Spin</b> 9.30am – 10.15am	<b>Spin</b> 9.30am – 10.15am	<b>Spin</b> 9.30am – 10.15am	<b>Spin</b> 9.30am – 10.15am	<b>Spin</b> 9.30am – 10.15am	<b>Wolverine</b> 9.30am – 10.30am	<b>Spin</b> 9.30am – 10.15am
<b>Pilates</b> 10.30am – 11.30am	<b>Kettlercise</b> 10am – 11am	<b>Yoga</b> 10.45am – 12pm	<b>Bodybalance</b> 10am – 11am	<b>Mpower Yoga</b> 10.00am – 11am	<b>Bodybalance</b> 10.15am – 11.15am	<b>Circuits</b> 10.45am – 11.30am
<b>Body Barre</b> 11.30am – 12.15pm	<b>Pilates</b> 11.15am – 12.15pm		<b>Pilates</b> 11am – 12pm	<b>Pilates</b> 11.15am – 12.15pm	<b>Spin</b> 10.15am – 11am	
<b>Express Core</b> 12.30 – 1pm		<b>Express Power</b> 12.30 – 1pm	<b>Cardio Tennis</b> 1pm – 2pm	<b>Express Strength</b> 12.30 – 1pm	<b>Body Barre</b> 11.15am – 12.00pm	
<b>Bodyattack</b> 5.45pm – 6.30pm	<b>Bodypump</b> 5.30pm – 6.30pm	<b>Cxworx</b> 6pm – 6.30pm	<b>Bodypump</b> 5.30pm – 6.30pm	<b>HIIT</b> 5.30pm – 6.15pm	<b>X Fit</b> 5pm – 5.45pm	
<b>Spin</b> 6pm – 6.45pm	<b>Spin</b> 6pm – 6.45pm	<b>Spin Express</b> 6.15pm – 6.45pm				
<b>Wolverine</b> 6.30pm – 7.30pm		<b>Wolverine</b> 6.30pm – 7.30pm				
<b>Metafit</b> 6.45pm – 7.15pm	<b>Cardio Tennis</b> 6pm – 7pm	<b>Bodybalance</b> 6.30pm – 7.30pm	<b>Hickfit 29</b> 6.30pm – 7.15pm	<b>Spin</b> 6.30pm – 7.15pm		
<b>Spin</b> 7pm – 7.45pm	<b>Step Fusion</b> 6.30pm – 7.30pm		<b>Spin</b> 7pm – 7.45pm			
<b>Bodypump</b> 7.30pm – 8.30pm	<b>Spin</b> 7pm – 7.45pm	<b>Spin</b> 7pm – 7.45pm	<b>Yoga</b> 7.30pm – 8.45pm			
<b>X fit</b> 8.30pm – 9.30pm	<b>Pilates – foundations</b> 7.45pm – 8.45pm	<b>Pilates</b> 7.30pm – 8.30pm				

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