

Saturday

GROUP FITNESS ROSTER

Date	Class	Instructor
2nd June	9:00am: KIBOX EXPRESS	Sam G
9th June	9:00am: BODYPUMP	Claire
16th June	9:00am: BODYPUMP	Michelle
23rd June	9:00am: BODYPUMP	Sam G
30th June	9:00am: BODYPUMP	Claire
7th July	9:00am: BODYPUMP	Sam G
14th July	9:00am: BODYPUMP	Zoe
21st July	9:00am: BODYPUMP	Michelle
28th July	9:00am: BODYPUMP	Claire
4th August	9:00am: BODYPUMP	Zoe
11th August	9:00am: BODYPUMP	Sam G
18th August	9:00am: BODYPUMP	Michelle
25th August	9:00am: BODYPUMP	Claire
1st September	9:00am: BODYPUMP	Zoe
3rd September: Spring Timetable Commences		

Sunday

GROUP FITNESS ROSTER

Date	Class	Instructor
3rd June	9:00am: BODYSTEP 10:00am: YOGA	Talia Mangala
10th June	9:30am: BODYSTEP 10:30am: PILATES	Carolyn Sarah
17th June	9:30am: BODYSTEP 10:30am: BODYBALANCE	Talia Carolyn
24th June	9:30am: BODYSTEP 10:30am: YOGA	Carolyn Mangala
1st July	9:30am: BODYSTEP 10:30am: PILATES	Talia Shirley
8th July	9:30am: BODYSTEP 10:30am: YOGA	Carolyn Michelle
15th July	9:30am: BODYSTEP 10:30am: BODYBALANCE	Lee Carolyn
22nd July	9:30am: BODYSTEP 10:30am: PILATES	Carolyn Sarah
29th July	9:30am: FREESTYLE STEP 10:30am: YOGA	Georgie Michelle
5th August	9:30am: BODYSTEP 10:30am: YOGA	Carolyn Michelle
12th August	10:30am: PILATES	Shirley
19th August	9:30am: BODYSTEP 10:30am: YOGA	Carolyn Mangala
26th August	9:30am: FREESTYLE STEP 10:30am: BODYBALANCE	Georgie Carolyn
2nd September	9:30am: BODYSTEP 10:30am: PILATES	Carolyn Sarah

3rd September: Spring Timetable Commences