

Saturday

GROUP FITNESS ROSTER

Date	Class	Instructor
1st September	BODYPUMP	Zoe
8th September	BODYPUMP	Claire
15th September	BODYPUMP	Zoe
22nd September	BODYPUMP	Michelle
29th September	BODYPUMP	Zoe
6th October	BODYPUMP	Sam G
13th October	BODYPUMP	Claire
20th October	BODYPUMP	Samantha A
27th October	BODYPUMP	Zoe
3rd November	BODYPUMP	Michelle
10th November	BODYPUMP	Sam G
17th November	BODYPUMP	Zoe
24th November	BODYPUMP	Claire
1st December	BODYPUMP	Sam G
8th December	BODYPUMP	Zoe
15th December	BODYPUMP	Sam G

Sunday

GROUP FITNESS ROSTER

Date	Class	Instructor
2nd September	BODSTEP PILATES	Carolyn Sarah
9th September	FREESTYLE STEP PILATES	Georgie Georgie
16th September	BODYSTEP YOGA	Carolyn Michelle B
23rd September	FREESTYLE STEP BODYBALANCE	Georgie Carolyn
30th September	BODYSTEP PILATES	Carolyn Claire
7th October	FREESTYLE STEP YOGA	Georgie Mangala
14th October	BODYSTEP PILATES	Carolyn Sarah
21st October	FREESTYLE STEP PILATES	Georgie Georgie
28th October	BODYSTEP YOGA	Carolyn Michelle B
4th November	FREESTYLE STEP BODYBALANCE	Georgie Carolyn
11th November	BODYSTEP PILATES	Carolyn Sarah
18th November	FREESTYLE STEP YOGA	Georgie Michelle
25th November	BODYSTEP PILATES	Carolyn Claire
2nd December	FREESTYLE STEP PILATES	Georgie Georgie
9th December	BODYSTEP YOGA	Carolyn Claire
16th December	FREESTYLE STEP BODYBALANCE	Georgie Carolyn