

Saturday

GROUP FITNESS ROSTER

Date	Class	Instructor
19th Jan	9:00am: BODYPUMP	Claire
26th Jan	9:00am: BODYPUMP	Zoe
2nd Feb	9:00am: BODYPUMP	Michelle M
9th Feb	9:00am: BODYPUMP	Samantha A
16th Feb	9:00am: BODYPUMP	Claire
23rd Feb	9:00am: BODYPUMP	Zoe
2nd March	9:00am: BODYPUMP	Samantha

Autumn Timetable commences Monday 4th March 2019

Sunday

GROUP FITNESS ROSTER

Date	Class	Instructor
20th Jan	9:30am: FREESTYLE STEP 10:30am: PILATES	Georgie Georgie
27th Jan	9:30am: BODYTEP 10:30am: YOGA	Carolyn Michelle
3rd Feb	9:30am: FREESTYLE STEP 10:30am: BODYBALANCE	Georgie Carolyn
10th Feb	9:30am: BODYSTEP 10:30am: PILATES	Kay Sarah C
17th Feb	9:30am: FREESTYLE STEP 10:30am: YOGA	Georgie Beck
24th Feb	9:30am: BODYSTEP 10:30am: PILATES	Carolyn Claire
3rd March	9:30am: FREESTYLE STEP 10:30am: PILATES	Georgie Georgie

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