

Saturday

GROUP FITNESS ROSTER

Date	Class	Instructor
7th September	BODYPUMP	Zoe
14th September	BODYPUMP	Sam G
21st September	BODYPUMP	Zoe
28th September	BODYPUMP	Samantha
5th October	BODYPUMP	Samantha
12th October	BODYPUMP	Zoe
19th October	BODYPUMP	Cyndi
26th October	BODYPUMP	Cyndi
2nd November	BODYPUMP	Zoe
9th November	BODYPUMP	Kay
16th November	BODYPUMP	Samantha
23rd November	BODYPUMP	Zoe
30th November	BODYPUMP	Cyndi

2nd December: Summer Timetable Commences

Sunday

GROUP FITNESS ROSTER

Date	Class	Instructor
1st September	FREESTYLE STEP BODYBALANCE	Georgie Carolyn
8th September	BODYSTEP YOGA	Carolyn Michelle
15th September	FREESTYLE STEP PILATES	Georgie Georgie
22nd September	FREESTYLE STEP PILATES	Georgie Georgie
29th September	FREESTYLE STEP YOGA	Georgie Mangala
6th October	BODYSTEP PILATES	Carolyn Sarah
13th October	FREESTYLE STEP PILATES	Georgie Helen
20th October	BODYSTEP YOGA	Kay Mangala
27th October	FREESTYLE STEP BODYBALANCE	Georgie Carolyn
3rd November	FREESTYLE STEP PILATES	Georgie Georgie
10th November	BODYSTEP YOGA	Kay Michelle
17th November	BODYSTEP BODYBALANCE	Carolyn Kay
24th November	FREESTYLE STEP PILATES	Georgie Georgie
1st December	FREESTYLE STEP YOGA	Georgie Mangala

2nd December: Summer Timetable Commences