

Saturday

GROUP FITNESS ROSTER

Date	Class	Instructor
7 December	BODYPUMP	Kay
14 December	BODYPUMP	Zoe
21 December	BODYPUMP	Samantha
28 December	CHRISTMAS TIMETABLE	
4 January	CHRISTMAS TIMETABLE	
11 January	BODYPUMP	Kay
18 January	BODYPUMP	Zoe
25 January	BODYPUMP	Samantha
1 February	BODYPUMP	Kay
8 February	BODYPUMP	Zoe
15 February	BODYPUMP	Samantha
22 February	BODYPUMP	Kay
29 February	BODYPUMP	Zoe

Sunday

GROUP FITNESS ROSTER

Date	Class	Instructor
8 December	BODYSTEP BODYBALANCE BODYPUMP	Kay Kay Cyndi
15 December	FREESTYLE STEP YOGA BODYPUMP	Georgie Mangala Samantha
22 December	FREESTYLE STEP PILATES BODYPUMP	Georgie Georgie Zoe
29 December	CHRISTMAS TIMETABLE	
5 January	CHRISTMAS TIMETABLE	
12 January	BODYSTEP PILATES BODYPUMP	Kay Sarah Cyndi
19 January	FREESTYLE STEP PILATES BODYPUMP	Georgie Georgie Samantha
26 January	BODYSTEP YOGA BODYPUMP	Kay Mangala Cyndi
2 February	FREESTYLE STEP BODYBALANCE BODYPUMP	Georgie Cara Cyndi
9 February	BODYSTEP PILATES BODYPUMP	Kay Helen Samantha
16 February	FREESTYLE STEP YOGA BODYPUMP	Georgie Mangala Zoe
23 February	BODYSTEP PILATES BODYPUMP	Kay Sarah Cyndi
1 March	FREESTYLE STEP PILATES BODYPUMP	Georgie Georgie Samantha