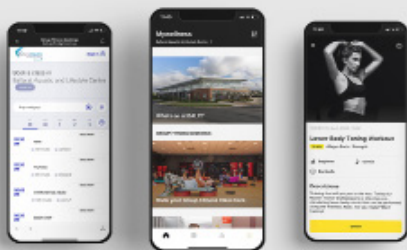




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**GROUP FITNESS
TIMETABLE**

STUDIO 1							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump Kat		Fitbox45 Michelle	BodyPump Lolita	Fit45 Michelle		
8:05AM						Fit45 Victor	Fitbox45 Cherie
9:00AM						BodyPump Samantha	BodyPump Cyndi
9:30AM	Fitbox45 Sarah	BodyPump Teymara	Fit45 Mel	BodyPump Teymara	Fit45 Mel		
10:30AM						Pilates Georgie	
10:35AM	Powerbar Victor	Core Cherie	Pilates Sarah	Fit45 Cherie	BodyPump Kat		
11:45AM	Low Impact Basics Andrea	Dance Basics Victor	Low Impact Basics Victor	Low Impact Basics Cherie	Low Impact Basics Georgie		
5:30PM	Fit45 Mel	BodyPump Keiran	BodyPump Samantha	Core + Stretch Mel	Pilates Georgie		
6:35PM	BodyPump Lolita	Pilates Sarah	Core Samantha	BodyPump Kat	Step Georgie		

STUDIO 2							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	Virtual Flight	RPM Zoe	Virtual Flight	RPM Cyndi	Virtual Flight		
9:00AM						RPM Sarah	
9:30AM	RPM Teymara	RPM Lolita	RPM Sarah	RPM Cyndi	RPM Teymara		
10:00AM							Stages Flight Cyndi
5:30PM	RPM Lolita	Stages Flight Sarah					
6:00PM			RPM Lolita	Stages Flight Zoe			

Virtual Class

STUDIO 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00AM						Yoga Victor	
9:30AM	Fitball Pilates Georgie	Barre Georgie	Yoga Michelle B	Barre Cherie	Pilates Sarah	Barre Georgie	Barre Cherie
10:35AM	Pilates Sarah	Pilates Georgie		Pilates Basics Sarah	Fitball Pilates Georgie		
11:45AM			Gently Active Georgie				
5:30PM	Yoga Sarah	Barre Georgie	Pilates Georgie				
6:30PM	Pilates Sarah			Barre Georgie			

AQUA							
	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30AM	Aqua Action Megan		Aqua Action Megan	Aqua Run Georgie	Water Workout Gabrielle		
10:30AM	Aqua Run Georgie		Aqua Run Megan	Gentle Warm Water Georgie	Aqua Action Gabrielle		
11:45AM	Gentle Warm Water Georgie						
5:30PM				Aqua Run Georgie			
6:30PM		Aqua Run Georgie					

GYMNASTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00PM				Teen Gymnastics			