

STUDIO TIMETABLE 2018

MON	TUE	WED	THU	FRI	SAT
BOOTCAMP 7-7.45am	CIRCUITS 7-7.45am	BOOTCAMP 7-7.45am	GROUP CYCLE 7-7.45am	PILATES 9-10am	STEP 9.30-10.30am
AQUA 9.30-10.15am	STEP 10-11am	AQUA 9.30-10.15am	YOGA WITH GILLIAN 10.15-11.45am	AQUA 9.30-10.15am	GROUP CYCLE 10.30-11.30am
BODY CON 6-7pm	STRENGTH & CONDITIONING 6-6.45pm	POWER STEP 10-11.30am	CARDIO SCULPT 12.30-1.30pm	CARDIO & ABS 10.30-11.30am	YOGA WITH CARLY 11.30-12.30am
GROUP CYCLE 6-7pm	PILATES 6.45-7.45pm	BARBELL FIT 6-6.45pm	INTERVAL TRAINING 6-6.45pm	CIRCUITS 6-6.45pm	
POWER STEP 7-7.45pm	GROUP CYCLING 6-7pm	POWER WALK & TONE 6-6.45pm	GROUP CYCLE 7-8pm		
CIRCUITS 7.15-8pm		FAB ABS 6.45-7.15pm			

★ New additions / changes to timetable.

All classes are reviewed after 3 months, numbers dependant.

Please pre-book ALL classes with the team.

