

## WINTER CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM							
8AM	<u>9:00-9:45</u> INDOOR CYCLE COACH BY COLOUR LAURA	<u>8:00-8:45</u> INDOOR CYCLE COACH BY COLOUR IZZY	<u>7:30-8:15</u> PILATES LAURA	<u>7:30-8:15</u> INDOOR BOOTCAMP CHRIS	<u>8:00-8:45</u> BOXERCISE IZZY		
9AM	<u>9:00-9:45</u> TOTAL BODY TONE ALI	<u>8:45-9:30</u> BARRE FLICK	<u>9:30-10:15</u> INDOOR CYCLE COACH BY COLOUR LAURA	<u>9:00-9:45</u> BARRE FLICK	<u>9:15-10:15</u> VINYASA FLOW YOGA TASH	<u>9:00-10:30</u> YIN YANG YOGA & SLOW FLOW GREG	<u>9:30-10:15</u> TOTAL BODY TONE EMMA
10AM		<u>9:30-10:30</u> PILATES FLICK		<u>9:45-10:30</u> TOTAL STRETCH FLICK		<u>9:45-10:30</u> INDOOR CYCLE SPIN & BASS TRISTAN	
11AM	<u>10:15-11:00</u> TOTAL STRETCH ALI		<u>10:00-10:45</u> LEGS, BUMS & TUMS NICKY		<u>10:30-11:15</u> AB BLAST FLICK		<u>10:30-11:15</u> INDOOR CYCLE BEAT BLAST EMMA
12AM							
1PM					<u>12:30-1:15</u> INDOOR CYCLE BEAT BLAST CHRIS		
2PM							
3PM			<u>2:30-3:30</u> YOGALATES JULIA				
4PM							
5PM							
6PM	<u>6:30-7:30</u> ALIGN & FLOW YOGA JO	<u>6:00-6:45</u> BOXFIT LAURA		<u>5:15-6:00</u> INDOOR CYCLE COACH BY COLOUR IZZY			
7PM	<u>6:45-7:30</u> INDOOR CYCLE BEAT BLAST CHRIS	<u>7:00-8:00</u> PILATES LAURA	<u>7:15-8:00</u> TOTAL BODY TONE EMMA	<u>7:15-8:00</u> FIGHTING FIT COMBAT TRISTRAN			
8PM							