

B:MORE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	<u>7:30-8:15</u> CIRCUITS CALLUM	<u>7:30-8:15</u> INDOOR CYCLE HIIT SPIN CALLUM	<u>7:30-8:15</u> PILATES LAURA	<u>7:30-8:15</u> BOOTCAMP CHRIS	<u>8:00-8:45</u> BOXFIT KELLY	<u>8:30-9:15</u> INDOOR CYCLE SARAH	
8AM	<u>9:00-9:45</u> INDOOR CYCLE LAURA	<u>8:45-9:30</u> BARRE FLICK	<u>9:00-9:45</u> TRX ALI	<u>9:00-9:45</u> BARRE FLICK	<u>9:00-9:45</u> TRX FLICK	<u>9:00-10:30</u> YIN YANG YOGA & SLOW FLOW GREG	<u>9:30-10:15</u> BODY SCULPT CALLUM
9AM	<u>9:00-9:45</u> BODY SCULPT ALI	<u>9:30-10:30</u> PILATES FLICK	<u>9:30-10:15</u> INDOOR CYCLE LAURA	<u>9:45-10:30</u> STRETCH & TONE FLICK	<u>9:00-10:00</u> VINYASA FLOW YOGA TASH	<u>9:45-10:30</u> INDOOR CYCLE TONY / KELLY	<u>10:30-11:15</u> INDOOR CYCLE HIIT SPIN CALLUM
10AM	<u>10:15-11:00</u> TOTAL STRETCH ALI		<u>10:00-10:45</u> LEGS, BUMS & TUMS NICKY		<u>10:00-10:45</u> AB BLAST FLICK	<u>11:00-11:45</u> TRX LAURA	
11AM				<u>11:00-12:00</u> VINYASA FLOW YOGA MADDY		<u>11:00-12:00</u> GET INTO GOLF MIKE	
12AM	<u>12:00-1:00</u> GET INTO GOLF MIKE						
1PM							
2PM							
3PM			<u>2:30-3:30</u> PILATES JULIA				
4PM							
5PM			<u>6:00-6:45</u> TRX KELLY	<u>5:15-6:00</u> INDOOR CYCLE COACH BY COLOUR KELLY			
6PM	<u>6:00-6:45</u> INDOOR CYCLE BEAT BLAST CHRIS	<u>6:00-6:45</u> BOXFIT LAURA	<u>6:00-7:00</u> GET INTO GOLF MIKE				
7PM	<u>6:30-7:30</u> ALIGN & FLOW YOGA JO	<u>7:00-8:00</u> PILATES LAURA	<u>6:30-7:15</u> INDOOR CYCLE TONY	<u>6:30-7:15</u> BOOT CAMP CALLUM			
8PM			<u>7:15-8:00</u> BODY SCULPT CALLUM				