

Group Fitness Room

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
6.00am								
8.10am	Vinyasa Yoga							
8.45am		ABS BUTTS & THIGHS		Body Shape		8.00am	FITBOX	
9.15am				LADIES FITBOX		9.00am		BODY BLITZ CIRCUIT
10.20am						10.00am		
4.45pm			ABS BUTTS & THIGHS					
5.15pm								
5.30pm								
6.15pm			FITBOX					
6.30pm								

RPM Room

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
6.00am								
5.00pm						8.00am		
6.00pm								