

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BURN HIIT 08.00-08.30am	YOGA Rebecca 08.30-09.30am STARTS 9th May	GRIT Katie 08.30-09.00 STARTING SOON	YOGA Rebecca 08.00-09.00am STARTS 11th May	COMBAT EXPRESS Katie 08.00-08.30am	KEISER RIDE 09.00- 09.30am	KEISER ENDURANCE 09.15 - 10.00am
KEISER POWER 09.00 - 09.30am	KEISER RIDE 08.00 - 08.30am	KEISER POWER 09.00 - 09.30am	BODY COMBAT Marie 09.00 - 10.00am	BURN CORE KATIE 08.30-09.00am	DANCE AGE 3-7 Jade 09.30 - 10.00am	BURN BOOTCAMP OUTDOORS 10.00-11am
BODY ATTACK Jeannette 09.30 - 10.30am	TABATA 09.30 - 10.30am	TREADMILL 09.30 - 10.00am	BODY PUMP Marie 10.00 - 11.00am	KEISER ENDURANCE 09.15 - 10.00am	DANCE AGE 8-16 Jade 10.00 - 11.00am	
HATHA YOGA Gina 11.00 - 12.00pm	SWISS SWING 10.30-11.00am	BODY COMBAT Jeannette 09.30 - 10.30am	PILATES Roger 2.00 - 3.00pm	BURN HIIT 10.00 - 10.30am		
MEDITATION & RELAXATION Gina 12.00 - 12.30pm	KEISER POWER 5.30 - 6.00pm	POWER STEP Rachel 10.30 - 11.30am	KEISER POWER 5.30 - 6.00pm	HATHA YOGA Gina 11.00 - 12.00pm		
KEISER ENDURANCE 5.15 - 6.00pm	ZUMBA Lucy 6.00 - 7.00pm	ASHTANGA YOGA Roger 12.00 - 1.00pm	INSANITY Milly 6.00-7.00pm	MEDITATION & RELAXATION Gina 12.00 - 12.30pm		
GRIT STRENGTH 5.30 - 6.00pm	KEISER ENDURANCE 6.30 - 7.15pm	KEISER RIDE 5.30 - 6.00pm	KEISER RIDE 6.30 - 7.00pm	KEISER ENDURANCE 5.15 - 6.00pm		
BODY PUMP Rachel 6.00 - 7.00pm	LEGS BUMS & TUMS Lucy 7.00 - 8.00pm	BODY COMBAT Katie 6.15-7.00pm		GRIT CARDIO 5.30 - 6.00pm		
KEISER RIDE 6.30 - 7.00pm		BURN BOOTCAMP OUTDOORS 6.00 - 7.00pm		KEISER POWER 6.30 - 7.00pm		
HATHA YOGA Gina 7.00 - 8.00pm		KEISER POWER 6.30 - 7.00pm				



MEDITATION & RELAXATION
Gina
8.00 - 8.30pm

STREETDANCE Jade
7.00 - 8.00pm



