

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KEISER POWER (SPIN) 09.00 - 09.30am	YOGA Rebecca 08.00 - 09.00am	GRIT CARDIO Katie 09.30 - 10.00am	KEISER POWER (SPIN) 09.00 - 09.30am	KEISER ENDURANCE (SPIN) 9.15 - 10.00am	BODY COMBAT Katie 8.30-9.15am	KEISER POWER (SPIN) 09.00 - 09.30am
BODY COMBAT Katie 09.30 - 10.30am	KEISER POWER SPIN 09.00 - 09.30am	KEISER RIDE (SPIN) 09.00 - 09.30am	BODY COMBAT Marie 09.00 - 10.00am	BURN CIRCUITS 10.00 - 10.30am	GRIT PLYO Katie 09.15 - 9.45am	BURN CIRCUITS 10.00 - 11.00am
HATHA YOGA 11.00 - 12.00pm	TABATA Marie 09.30 - 10.30am	BURN CIRCUITS 10.00 - 11.00am	BODY PUMP Marie 10.00 - 11.00am	HATHA YOGA Gina 11.00 - 12.00pm	KEISER RIDE (SPIN) 09.00 - 09.30am	
MEDITATION & RELAXATION Gina 12.00 - 12.30pm	CORE CONDITIONING Marie 10.30-11.00am	VINYASA FLOW YOGA Roger 12.00 - 1.00pm	PILATES Roger 2.00 - 3.00pm	MEDITATION & RELAXATION Gina 12.00 - 12.30pm	FREESTYLE DANCE AGE 3-7 Jade 10.00 - 10.30am	
GRIT CARDIO Katie 5.30 - 6.00pm	KEISER RIDE (SPIN) 5.30 - 6.00pm	KEISER POWER (SPIN) 5.30 - 6.00pm	KEISER RIDE (SPIN) 5.30 - 6.00pm	HULA HULA Milly 12.30 - 1.00pm	JAZZ TECHNIQUE AGE 5-16 Jade 10.30 - 11.15am	
BODY PUMP Katie 6.00 - 7.00pm	ZUMBA Lucy 6.00 - 7.00pm	BODY COMBAT Katie 6.15-7.00pm	KEISER ENDURANCE (SPIN) 6.30 - 7.15pm	KEISER POWER (SPIN) 5.30 - 6.00pm	FREESTYLE DANCE AGE 8-16 Jade 11.15 - 12.00PM	
KEISER RIDE (SPIN) 6.30 - 7.00pm	KEISER RIDE (SPIN) 6.30 - 7.15pm	GRIT STRENGTH Katie 7.00 - 7.30pm	BODY COMBAT Marie 6.00 - 7.00pm	GRIT PLYO Katie 6.00 - 6.30pm		
HATHA YOGA Gina 7.00 - 8.00pm	LEGS BUMS & TUMS Lucy 7.00 - 8.00pm	STREETDANCE Jade 7.30 - 8.15pm	BODY PUMP Marie 7.00 - 8.00pm	CORE RESISTANCE Katie 6.30 - 7.00pm		
MEDITATION & RELAXATION Gina 8.00 - 8.30pm						