

# CLASS TIMETABLE

## MONDAY

|                 |                           |        |
|-----------------|---------------------------|--------|
| 7.00AM-8.00AM   | BODY SCULPT               | MARK   |
| 8.30AM-9.00AM   | REHAB & POSTURE CLINIC    | MARK   |
| 9.30AM-10.30AM  | LEGS, BUMS & TUMS         | MARK   |
| 11.00AM-11.45AM | STRETCH, MOBILITY & RELAX | DAVE   |
| 5.30PM-6.30PM   | BODY SCULPT               | BEN    |
| 6.30PM-7.30PM   | TOTAL FITNESS             | DAVE   |
| 7.30PM-9.00PM   | YOGA                      | JOANNE |

## THURSDAY

|                 |                  |        |
|-----------------|------------------|--------|
| 6.00AM-7.00AM   | EARLY BURN       | LEE    |
| 7.00AM-8.00AM   | BODY SCULPT      | SAM    |
| 9.30AM-10.30AM  | BODY SCULPT      | LEANNE |
| 10.30AM-11.00AM | TOTAL CORE       | LEANNE |
| 5.30PM-6.30PM   | BODY SCULPT      | BEN    |
| 6.30PM-7.30PM   | OUTDOOR BOOTCAMP | LEE    |
| 6.30PM-8.00PM   | BOXING CLUB      | LUKE   |
| 8.00PM-9.00PM   | KETTLE HELL      | RYAN   |

## TUESDAY

|                 |               |        |
|-----------------|---------------|--------|
| 6.00AM-7.00AM   | EARLY BURN    | LEE    |
| 7.00AM-8.00AM   | BODY SCULPT   | BEN    |
| 8.00AM-9.00AM   | LIVE STRONG   | BEN    |
| 9.30AM-10.30AM  | BODY SCULPT   | LEANNE |
| 10.30AM-11.30AM | PILATES       | LAURA  |
| 5.30PM-6.30PM   | BODY SCULPT   | JACOB  |
| 6.30PM-7.30PM   | LIVE STRONG   | RYAN   |
| 7.30PM-8.30PM   | TOTAL FITNESS | RYAN   |

## FRIDAY

|                 |             |      |
|-----------------|-------------|------|
| 7.00AM-8.00AM   | BODY SCULPT | LEE  |
| 9.30AM-10.30AM  | BODY SCULPT | LUKE |
| 10.30AM-11.00AM | TOTAL CORE  | LUKE |
| 11.30AM-12.30PM | LIVE-STRONG | BEN  |
| 5.30PM-6.30PM   | BOXERCISE   | LUKE |

## WEDNESDAY

|                 |                           |         |
|-----------------|---------------------------|---------|
| 7.00AM-8.00AM   | BODY SCULPT               | SAM     |
| 9.30AM-10.30AM  | BOXERCISE                 | LUKE    |
| 10.00AM-11.00AM | POWER WALK                | LEANNE  |
| 11.00AM-12.00AM | YOGA                      | REBECCA |
| 2.30PM-3.30PM   | LIVE STRONG               | JACOB   |
| 5.30PM-6.30PM   | BODY SCULPT               | JACOB   |
| 6.30PM-7.30PM   | BOXERCISE                 | JACOB   |
| 7.30PM-8.30PM   | TOTAL FITNESS             | DAVE    |
| 8.30PM-9.15PM   | STRETCH, MOBILITY & RELAX | SAM     |

## SATURDAY

|                 |               |       |
|-----------------|---------------|-------|
| 9.00AM-10.00AM  | TOTAL FITNESS | DAVE  |
| 10.00AM-11.00AM | BODY SCULPT   | BEN   |
| 3.00PM-4.00PM   | BOXERCISE     | JACOB |

## SUNDAY

|                 |             |      |
|-----------------|-------------|------|
| 8.00AM-9.00AM   | LIVE-STRONG | SAM  |
| 9.00AM-10.00AM  | BOXERCISE   | SAM  |
| 10.00AM-11.00AM | TOTAL CORE  | SAM  |
| 5.30PM-6.30PM   | KETTLE HELL | MARK |