

MORNING 6am til 12pm	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	7.00-7.45 Gym	Breakfast Club Varies	7.00-7.45 Gym	Breakfast Club Varies	7.00-7.45 Gym	Breakfast Club Varies	7.00-7.45 Gym	Breakfast Club Varies	7.00-7.45 Gym	Breakfast Club Varies				
	10.30 - 11.15 Studio	Fitness for all Jordan	9.00 - 9.45 POOL	AQUA Klaudia	10.15 - 11.00 Studio	Fitness for all Jordan	9:00 - 9:45 POOL	AQUA Jess	09.00 - 09.45 POOL	AQUA Kelly	09.00-10.00 Spin Studio	Spin Hour Michelle		
	11.15 - 12.00 Studio	Abs Blast Jordan	10.15 - 11.00 Studio	Kettlebells Jordan	11.00 - 11.30 Studio	Kettlebells Jordan	10.15-11.00 Studio	Fitness for all Nathan	10.15 - 11.15 Studio	Pilates/Stretch Kelly	09.00-12.00 Studio	Judo Jonny	10.30-11.15 Studio	LBT Nathan
			11.00-11.30 Studio	Strength and Mobility Jordan			11.00-11.45 Studio	Stretch & Tone Nathan			10.15-11.00	Rig Fitness Kelly	11.15-12.00 Studio	Stretch & Tone Nathan
													12.00-1.00 Studio	Kangoo Private class

DAYTIME 12pm til 5pm											3.45-4.30 POOL	AQUA Jess		

EVENING 5pm til 8:30pm	17.30 - 18.00 Spin Studio	Spin HITT Michelle	17.30-18.15	Stretch & Tone Nathan	17.30 - 18.00 Spin Studio	Spin HITT Michelle	17.30 - 18.15 Spin Studio	Spin Michelle	17.15-18.00 Studio	Stretch & Mobility Sandy				
	18.15-19.00 Studio	Functional Fitness Nathan			18.15-19.00 Studio	Energy Circuits Sandy	18.30-19.10 Studio	Core Crusher Kelly						
							19.15-20.15 Studio	Kangoo Private class						

