



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.15 Cycle 45 Katie	6.15 Yoga 45 Cheryl	6.15 Pump Express 45 Kirsten	6.15 Cycle 45 Peter	6.15 Cardio Box Dan	7.45 Cardio Fit Box Roster	
	9.25 Cycle Kate H.	9.25 Easy Step Kirsten	9.25 Blitz + Attack 45 Kate H.	9.25 Cardio Combat 60 Caz	9.25 Step Strong Katie	8.20 Blitz + Attack Roster	
	10.00 Cardio Combat 45 Kate H.	10.00 Body Pump Express + Abs Kirsten	10.15 Body Balance Kate		10.00 Body Pump Katie	9.00 Cycle 30 Roster	9.30 Cycle, Abs & Stretch 45 Roster
PM			5.30 Cycle 30 Katie			9.35 Body Pump Roster	10.15 Body Balance 60 Roster
	5.45 Double Step Team KK	5.30 Cycle Kirsten	6.00 Step Up Katie	5.45 Cardio Combat 60 Caz	6.00 Yoga Cheryl	10.35 Body Balance Roster	
	6.15 Body Pump Kirsten	6.00 Blitz + Attack Team KK	6.35 Body Pump Express 45 Katie	6.00 Outdoor Cardio Fit Chris/Craig			
	7.15 Body Balance Kirsten	6.45 Cardio Box Dan/Craig	7.20 Body Balance Katie				

