

Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates Stretch & Release Studio 1 07:30 - 08:15 Steve	H.I.I.T Studio 1 09:15 - 10:15 Brenda	Body Pump Express Studio 1 07:30 - 08:15 Steve	Pilates Studio 1 09:30 - 10:30 Steve	Pilates Studio 1 09:30 - 10:30 Steve	Body Pump Studio 1 08:30 - 09:30 Steve	Ski Fit Studio 1 10:00 - 11:00 Steve
Body Pump Studio 1 09:30 - 10:30 Steve	Pilates Studio 1 10:30 - 11:30 Brenda	Body Pump Studio 1 09:30 - 10:30 Steve	Adult Ballet Studio 1 10:30 - 11:30 Steve	Fat Burner Studio 1 10:30 - 11:30 Steve	Small Group Pilates Studio 1 09:30 - 10:30 Steve	
Pilates Studio 1 10:30 - 11:30 Steve	Iyengar Yoga Studio 2 11:30 - 12:30 Mary	Pilates Studio 1 10:30 - 11:30 Steve				
Barre Fitness Studio 1 11:30 - 12:30 Steve		Golden Fitness Studio 1 14:00 - 15:00 Steve				
Joze School of Dance Studio 2 16:00 - 20:30 Jo	Joze School of Dance Studio 2 16:00 - 21:00 Jo	Joze School of Dance Studio 2 15:45 - 21:00 Jo	Joze School of Dance Studio 2 15:45 - 19:30 Jo	Joze School of Dance Studio 2 16:00 - 19:30 Jo		
Pilates Studio 1 18:30 - 19:30 Steve	Barre Fitness Studio 1 17:15 - 18:15 Steve Awesome Ab's Studio 1 18:15 - 19:00 Steve	Pilates Back 2 Basics Studio 1 18:30 - 19:30 Steve	Power Pilates Studio 1 17:30 - 18:30 Steve Pilates Studio 1 18:30 - 19:30 Steve	Pilates Studio 1 18:30 - 19:30 Steve		
Pilates Studio 1 19:30 - 20:30 Brenda	Fat Burner Studio 1 19:00 - 20:00 Steve Men Only Pilates Studio 1 20:00 - 21:00 Brenda	H.I.I.T Studio 1 19:45 - 20:45 Steve	Body Pump Studio 1 19:30 - 20:30 Steve			Forrest Yoga Studio 1 17:45 - 19:15 Susan

