

GROUP FITNESS TIMETABLE

3 - 8 JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CENTRE CLOSED MONDAY 2 JANUARY		6.15AM SPIN 60 MINS GUS	6.15AM SPIN 45 MINS GUS	6.15AM SPIN 60 MINS HELEN	LES MILLS NEW QUARTERLY RELEASES LAUNCH DAY SATURDAY 7 JANUARY	
				7AM INTERMEDIATE PILATES 60 MINS MASON		
					9.45AM BODY STEP NEW RELEASE LAUNCH 60 MINS EMMA & KELLY	
					11.00AM BODY ATTACK NEW RELEASE LAUNCH 60 MINS EMMA & ATTACK TEAM	
				11.30AM PUMP 45 MINS HELEN	12.15PM CX-WORX NEW RELEASE LAUNCH 30 MINS DEBBIE & HELEN	
	12.00PM PUMP 45 MINS HELEN	12.00PM ZUMBA 60 MINS DANI	12.00PM BODY COMBAT 45 MINS DEBBIE	12.15PM CX-WORX 30 MINS HELEN	1.00PM BODY COMBAT NEW RELEASE LAUNCH 60 MINS DEBBIE & HELEN	12.30PM ZUMBA 60 MINS ARLETTE
	12.45PM CX-WORX 30 MINS HELEN		12.45PM CX-WORX 30 MINS DEBBIE	12.45PM BODY BALANCE 60 MINS MISKAD	2.15PM BODY BALANCE NEW RELEASE LAUNCH 60 MINS MISKAD, NICOLE & ARWEN	1.30PM CX-WORX 30 MINS ARLETTE
						2.15PM PUMP 60 MINS NADINE
						3.30PM SPIN 60 MINS NADINE
						3.30PM BODY COMBAT 60 MINS MISKAD
	4.30PM PUMP 45 MINS HELEN	4.30PM BODY COMBAT 60 MINS DEBBIE	4.30PM ½ PUMP ½ CX-WORX 60 MINS ALY	4.30PM BODY ATTACK 60 MINS EMMA	4.00PM YOGA 90 MINS ANNETTE	4.30PM BODY BALANCE 60 MINS MISKAD
	5.15PM CX-WORX 30 MINS HELEN	5.30PM SPIN 45 MINS MASON	5.00PM BODY BALANCE 60 MINS ARWEN	5.30PM ZUMBA 60 MINS TOM		
	5.45PM SPIN 60 MINS CAMERON	5.30PM PUMP 45 MINS DEBBIE	5.30PM SPIN 60 MINS ALY	5.30PM SPIN 60 MINS CAITLIN		
	5.45PM BODY ATTACK 45 MINS ALY	6.15PM CX-WORX 30 MINS DEBBIE	5.30PM BODY ATTACK 45 MINS EMMA	6.30PM CX-WORX 30 MINS HELEN		
	6.30PM ZUMBA 90 MIN SPECIAL HELEN AND SARAH	6.30PM SPIN 60 MINS CAITLIN	6.15PM CX-WORX 30 MINS HELEN			
		6.45PM ZUMBA TONING 45 MINS ARLETTE	6.45PM BODY COMBAT 45 MINS MISKAD			
		7.30PM ZUMBA 60 MINS SARAH	7.30PM BOXING 60 MINS MISKAD			



Instructors are subject to change.