

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM						8:00 AM	CLUB FITNESS CYCLE Ray	
9:00 AM	LES MILLS Angie BODYPUMP	CLUB FITNESS YOGA Jim	LES MILLS Charly BODYPUMP	CLUB FITNESS YOGA Ken	CLUB FITNESS HIIT Jen	9:00 AM	LES MILLS Tina BODYCOMBAT	LES MILLS Katie BODYCOMBAT
10:00 AM	CLUB FITNESS HIIT Jen	LES MILLS Angie BODYPUMP	CLUB FITNESS CYCLE Deanna	LES MILLS Elina BODYPUMP	CLUB FITNESS Gary / Jen CLUB FITNESS PILATES SYNERGY	10:00 AM	CLUB FITNESS Gary PILATES	LES MILLS Maria BODYPUMP
11:00 AM	CLUB FITNESS Jen SYNERGY					11:00 AM		
4:30 PM			CLUB FITNESS Gary PILATES					
5:30 PM	LES MILLS Elina BODYPUMP	 ZUMBA Elina	LES MILLS Katie BODYPUMP	CLUB FITNESS Gary PILATES				
6:30 PM	 ZUMBA Elina	LES MILLS Elina BODYPUMP	 POUND & POUND Alicia	 DFM Trainers				
7:30 PM	CLUB FITNESS CYCLE Ray	CLUB FITNESS CORE Elina 30min	CLUB FITNESS CYCLE Ray					

All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

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FITNESS FOR EVERY BODY.