

GROUP FITNESS CLASSES

Time	MONDAY	Instructor
6.15am	Body Pump	Emily
8.15am	Yoga	Lili
6pm	Adrenaline	Em
	TUESDAY	
6.15am	Cycle	Sharon
8.15am	Pilates	Mel
7pm	Body Balance	Janet
	WEDNESDAY	
6.15am	Adrenaline	Eduardo
8.15am	Low Impact Cardio	Robyn
7pm	Yin Yoga	Alison
	THURSDAY	
6.15am	Cycle	Sharon
8.15am	Circuit	Lili
6pm	PIIT Pilates	Zoe
	FRIDAY	
6.15am	Pump	Emily
7.15am	Adrenaline	Lewy
8.15am	Yoga	Alison
	SATURDAY	
9.15am	Adrenaline	Em
10.15am	Pump	Lim
	SUNDAY	
10.15am	Yoga	Margie Starting July 5th