

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga with Rochelle 8.30 - 9.30AM	Flow Yoga with Rochelle 10 - 11AM	Aqua with Curtis 7 - 7.45AM		Yoga with Mirka 7.30 - 8.30AM	Yoga with Mirka 8.30 - 9.30AM	HIIT with Curtis 9 - 9.45AM
Spin with James 6.30 - 7.30PM	Dance with Lara 5 - 6PM	HIIT with Curtis 8 - 8.45AM	Kettle Step with Curtis 4.30 - 5.30	Pilates with Gemma 8.30 - 9.30AM	Pilates with Gemma 10 - 11AM	Kettle Step with Curtis 10 - 10.45AM
Body Blast with James 7.45 - 20.30PM	Yoga Meditation with Rochelle 6.30 - 7.45PM	Pilates with Hilary 6 - 6.45PM	Yoga with Mirka 6.15 - 7.15PM	Aqua with Curtis 4 - 4.45PM		Yin Yoga with Rochelle 4 - 5PM
			Spin with James 7.30 - 8.30PM	Boxercise with Curtis 5.30 - 6.15PM		