Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP 30 mins	BODYATTACK 45 mins	BODYPUMP 60 mins		
6:00am	oo mins	RPM	SPRINT	RPM	SPRINT		
	SWEAT	50 mins SWEAT	30 mins SWEAT	50 mins SWEAT	30 mins SWEAT		
6:15am	45 mins SPRINT	45 mins	45 mins	45 mins	45 mins		
	30 mins		CORE				
6:30am	CMEAT	CMEAT	30 mins	CANEAT	CAMEAT	DDM	
7:00am	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	RPM 50 mins	
7:10am						SWEAT (7:30am) 45 mins	
7:50am						Pilates 45 mins	
8:00am				Pilates 45 mins			RPM 50 mins
8:05am			Yoga 75 mins				
8:40am	Pilates 45 mins	BODYPUMP 45 mins			BODYCOMBAT 45 mins		
8:45am						BODYATTACK 45 mins	
8:50am				Freestyle Dance 45 mins			
9:00am		Swim Squad 60 mins		Swim Squad 60 mins			RPM 50 mins
9:15am		00 1111113		00 1111113		Aqua 45 mins	30 IIIII13
	RPM 50 mins	Freestyle Cycle 50 mins	RPM 50 mins	SPRINT 30 mins	Freestyle Cycle 50 mins	RPM 50 mins	
9:30 am	BODYPUMP 60 mins	BODYCOMBAT 60 mins	BODYPUMP	30 1111115	BODYPUMP 30 mins	BODYCOMBAT 60 mins	BODYSTEP 60 mins
	Aqua 45 mins	oo mins	60 mins Gold Fitness 50 mins	Gold Dance 50 mins	30 mins	60 mins	ou mins
9:40am	45 1111115		Somms	BODYPUMP 60 mins			
				OO IIIIIIS	CORE 30 mins		
10:00am					Aqua 45 mins		
	Functional Fitness		Functional Fitness		Functional Fitness	BODYPUMP	
10:30am	30 mins	Gold Dance	30 mins Chair Yoga	Gold Pilates	30 mins	60 mins	
10:35am	BODYJAM	50 mins BODYBALANCE	60 mins BODYJAM	60 mins			BODYPUMP
10:45am	55 mins Chair Yoga 60 mins	60 mins	55 mins Aqua 45 mins	BODYBALANCE 60 mins	Pilates 45 mins		30 mins
11:00am	oo miins	Gold Circuit 45 mins	45 1111115	00 1111115	45 111115		
11:05am		13 111113					CORE 30 mins
11:30 am						BODYBALANCE 60 mins	
11:45am							Yoga 75 mins
12.30 pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins	RPM 50 mins		
12:45pm						BODY JAM 55 mins	
5:00pm	Yoga 55 mins						
5:15 pm			BODYCOMBAT 45 mins				
5:30pm		BODYPUMP 30 mins	20272111	BODYPUMP 60 mins			
6:00pm	BODYATTACK 45 mins RPM 50 mins	CORE 30 mins	BODYPUMP 60 mins	RPM 50 mins			
6:30 pm		SPRINT 30 mins BODYSTEP 45 mins					
6:45pm	BODYPUMP 45 mins						

Downstairs studio

Upstairs studio

Pool