

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP 30 mins	BODYATTACK 45 mins	BODYPUMP 60 mins		
		RPM 50 mins	SPRINT 30 mins	RPM 50 mins	SPRINT 30 mins		
6:15am	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins		
	SPRINT 30 mins						
6:30am			CORE 30 mins				
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						Aqua 45 mins	
9:30 am	RPM 50 mins	Freestyle Cycle 50 mins	RPM 50 mins	SPRINT 30 mins	Freestyle Cycle 50 mins	RPM 50 mins	
	BODYPUMP 60 mins	BODYCOMBAT 60 mins	BODYPUMP 60 mins		BODYPUMP 30 mins	BODYCOMBAT 60 mins	BODYSTEP 60 mins
	Aqua 45 mins		Gold Fitness 50 mins	Gold Dance 50 mins			
9:40am				BODYPUMP 60 mins			
10:00am					CORE 30 mins		
					Aqua 45 mins		
10:30am	Functional Fitness 30 mins		Functional Fitness 30 mins		Functional Fitness 30 mins	BODYPUMP 60 mins	
		Gold Dance 50 mins	Chair Yoga 60 mins	Gold Pilates 60 mins			
10:35am	BODYJAM 55 mins	BODYBALANCE 60 mins	BODYJAM 55 mins				BODYPUMP 30 mins
10:45am	Chair Yoga 60 mins		Aqua 45 mins	BODYBALANCE 60 mins	Pilates 45 mins		
11:00am		Gold Circuit 45 mins					
11:05am							CORE 30 mins
11:30am						BODYBALANCE 60 mins	
11:45am							Yoga 75 mins
12.30pm	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						
5:15pm			BODYCOMBAT 45 mins				
5:30pm		BODYPUMP 30 mins		BODYPUMP 60 mins			
6:00pm	BODYATTACK 45 mins	CORE 30 mins	BODYPUMP 60 mins	RPM 50 mins			
	RPM 50 mins						
6:30pm		SPRINT 30 mins					
		BODYSTEP 45 mins					
6:45pm	BODYPUMP 45 mins						