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		RPM 50 mins	SPRINT 30 mins	RPM 50 mins	SPRINT 30 mins		
	SWEAT	SWEAT	SWEAT	SWEAT	SWEAT		
6:15am	45 mins SPRINT	45 mins	45 mins	45 mins	45 mins		
6:30am	30 mins		CORE				
0:50411	SWEAT		30 mins SWEAT			RPM	
7:00am	45 mins		45 mins			50 mins	
7:10am							
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	7511115		BODYCOMBAT 45 mins		
8:45am						BODYATTACK 45 mins	
8:50am				Classic Step 45 mins			
9:00am		Swim Squad 60 mins		Swim Squad 60 mins			RPM 50 mins
9:15am		00 mm5		00 11113		Aqua 45 mins	50 mms
	RPM	Freestyle Cycle	RPM	SPRINT	Freestyle Cycle	RPM	
9:30am	50 mins BODYPUMP	50 mins BODYCOMBAT	50 mins BODYPUMP	30 mins	50 mins BODYPUMP	50 mins BODYCOMBAT	Functional Step
	60 mins Aqua	60 mins	60 mins Gold Fitness	Gold Dance	30 mins	60 mins	60 mins
9:40am	45 mins		50 mins	50 mins BODYPUMP			
9. 4 0am				60 mins	CORE		
10:00am					30 mins Aqua		
	Functional Fitness		Functional Fitness		45 mins Functional Fitness	BODYPUMP	
10:30am	30 mins		30 mins	Gold Pilates	30 mins	60 mins	
	DODVIAM	Gold Dance 50 mins	Chair Yoga 60 mins	60 mins			
10:35am	BODYJAM 55 mins	BODYBALANCE 60 mins	BODYJAM 55 mins				BODYPUMP 30 mins
10:45am	Chair Yoga 60 mins	Gold Circuit	Aqua 45 mins	BODYBALANCE 60 mins	Pilates 60 mins		
11:00am		45 mins					CORE
11:05am							30 mins
11:30 am	Total Tone 60mins					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		BODYATTACK 45 mins		
5:30pm		BODYPUMP 30 mins		BODYPUMP 60 mins			
6:00pm	BODYATTACK 45 mins	CORE 30 mins	BODYPUMP 60 mins	RPM 50 mins			
6:30 pm	RPM 50 mins	SPRINT 30 mins					
		Functional Step 45 mins					
6:45pm	BODYPUMP 45 mins			Yoga 60 mins			

 Downstairs studio
 Upstairs studio
 Pool
 Gym

 Shenton Park Community Centre
 The Palms Community Centre

The timetable is correct at the time of printing.