

# CABRAVALE LEISURE CENTRE

## Monday 16 - Sunday 22 December

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am						Aqua Dina	
8.00am						Stretch & Strong Christian	
8.30am		Aqua Jeanelle		Aqua Tatiana	Pilates Rossana		
9.00am						Body Combat Grace	
9.30am	Let's Dance Rose	Body Pump Dina	Pilates Rossana	Zumba Jeanelle	Body Combat Hector		
6.45pm	H.I.I.T May	Body Combat Rose	Body Pump Hector	Body Combat (45') Zena	H.I.I.T (45') Hector		
7.30pm	Aqua Zumba (45') Israelita			Core Yoga (45') Zena			
7.45pm	Body Pump (45') Hector	Stretch (45') Rose	Zumba (45') Kerrie				

## Monday 23 - Sunday 29 December

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am						Aqua Tatiana	
8.00am						Stretch & Strong Christian	
8.30am		Aqua Jeanelle			Yoga Mary		
9.00am						Body Combat Celeste	
9.30am	Let's Dance Rose	Body Pump Dina			H.I.I.T Dina		
6.45pm	H.I.I.T May						
7.30pm	Aqua Zumba (45') Israelita						
7.45pm	Yoga (45') May						

## Monday 30 - Sunday 5 January

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am						Aqua Dina	
8.00am						Stretch & Strong Christian	
8.30am		Aqua Jeanelle		Aqua Tatiana	Yoga Mary		
9.00am						Body Combat Celeste	
9.30am	Zumba Israelita	Body Pump Dina		Zumba Jeanelle	H.I.I.T Dina		
6.45pm	H.I.I.T May			Body Combat (45') Irina	H.I.I.T (45') Marvin		
7.30pm	Aqua Zumba (45') Israelita			Stretch & Core (45') Irina			
7.45pm	Yoga (45') May						

# CABRAVALE LEISURE CENTRE

## Monday 6 - Sunday 12 January

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am			Aqua Zumba (45') Israelita			Aqua Dina	
8.00am						Stretch & Strong Christian	
8.30am		Aqua Jeanelle		Aqua Tatiana	Yoga Mary		
9.00am						Body Combat Celeste	
9.30am	Zumba Israelita	Body Pump Dina	Pilates Rossana	Zumba Jeanelle	Body Combat Hector		
6.45pm	H.I.I.T Hector	Body Combat (45') Zena	Body Pump Hector	Body Combat (45') Zena	H.I.I.T (45') Hector		
7.30pm	Aqua Zumba (45') Israelita	Core Yoga (45') Zena		Core Yoga (45') Zena			
7.45pm	Body Pump (45') Hector		Zumba (45') Kerrie				

## Monday 13 - Sunday 19 January

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am			Aqua Zumba (45') Christian			Aqua Dina	
8.00am						Stretch & Strong Christian	
8.30am		Aqua Jeanelle		Aqua Tatiana	Yoga Louisa		
9.00am						Body Combat Celeste	
9.30am	Zumba Israelita	Body Pump Dina	Stretch & Strong Christian	Zumba Jeanelle	Body Combat Hector		
6.45pm	H.I.I.T Hector	Body Combat Celeste	Body Pump Hector	Body Combat (45') Irina	H.I.I.T (45') Hector		
7.30pm	Aqua Zumba (45') Israelita			Stretch & Core (45') Irina			
7.45pm	Body Pump (45') Hector		Zumba (45') Kerrie				

## Monday 20 - Sunday 26 January

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am			Aqua Zumba (45') Christian			Aqua Dina	
8.00am						Stretch & Strong Christian	
8.30am		Aqua Jeanelle		Aqua Tatiana	Yoga Louisa		
9.00am						H.I.I.T Dina	
9.30am	Let's Dance Rose	Body Pump Dina	Stretch & Strong Christian	Zumba Jeanelle	Body Combat Hector		
6.45pm	H.I.I.T Hector	Body Combat Rose	Body Pump Hector	Body Combat (45') Zena	H.I.I.T (45') Marvin		
7.30pm	Aqua Zumba (45') Israelita			Core Yoga (45') Zena			
7.45pm	Body Pump (45') Hector	Stretch (45') Rose	Zumba (45') Kerrie				

# PRAIRIEWOOD LEISURE CENTRE

## Monday 16 - Sunday 22 December

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	H.I.I.T Luke		H.I.I.T Vien	H.I.I.T 30' (Outdoor) Marvin			
<b>6.30am</b>		Aqua Tatiana				<b>7.30am</b> Aqua (45') - Zena	
<b>8.30am</b>	Pilates Rossana	Body Blast May	Pilates Florina	Forever Active Sharon	Stretch & Core Irina	Body Pump (45') Zena	
<b>8.30am</b>	Aqua Tatiana	Aqua Tatiana	Aqua May	Aqua Robyn	Aqua Zumba (45') Christian		
<b>9.30am</b>	Body Blast Dina	Body Pump Chris	H.I.I.T May	Body Pump (45') Dina	Body Combat Sharon	<b>9.15am</b> H.I.I.T (30') - Zena	Body Pump Hector
<b>9.30am</b>	Aqua Tatiana	Aqua Grace	Aqua Dina	Aqua Sharon	Aqua Robyn		
<b>10.30am</b>	Core Yoga (45') Dina	Zumba Israelita	Body Combat (45') Grace	Body Attack (45') Ammany	Pilates Flow (45') Dina		
<b>CHILD MINDING</b>	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am		
<b>5.45pm</b>	Yogalates Dani A	Body Combat Hector	Body Pump Irina	Body Combat Grace	Yoga Mary		
<b>6.00pm</b>		H.I.I.T 30' (Outdoor) Marvin					
<b>6.45pm</b>	Body Combat Grace	Body Pump Kerrie	Body Attack Grace	Body Pump (45') Celeste			
<b>7.45pm</b>	Body Pump (45') Celeste	Pilates Rossana	Core (30') Grace	<b>7.30pm</b> Yoga (45') - Dani A			

## Monday 23 - Sunday 29 December

*No Child Minding this week*

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	H.I.I.T Luke	Aqua Tatiana					
<b>6.30am</b>							
<b>7.30am</b>						Aqua (45') Dina	
<b>8.30am</b>	Pilates Rossana	Body Blast May			Stretch & Core Irina	Body Pump (45') Dina	
<b>8.30am</b>	Aqua Tatiana	Aqua Tatiana			Aqua Zumba (45') Christian		
<b>9.15am</b>						H.I.I.T (30') Dina	
<b>9.30am</b>	Body Blast Dina	Body Pump Celeste			Body Combat Sharon		Body Pump Danielle T
<b>9.30am</b>	Aqua Tatiana	Aqua May			Aqua Irina		
<b>10.30am</b>	Core Yoga (45') Dina						
<b>5.45pm</b>	Yogalates Dani A				Yoga Mary		
<b>6.45pm</b>	Body Combat Celeste						
<b>7.45pm</b>							

## Monday 30 - Sunday 5 January

*Child Minding returns Monday, 6 Jan*

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	H.I.I.T Luke			H.I.I.T 30' (Outdoor) Marvin			
<b>6.30am</b>		Aqua Tatiana					
<b>7.30am</b>						Aqua (45') Zena	
<b>8.30am</b>	Pilates Rossana	Body Blast May		Forever Active Sharon	Stretch & Core Irina	Body Pump (45') Zena	
<b>8.30am</b>	Aqua Tatiana	Aqua Tatiana			Aqua Zumba (45') Christian		
<b>9.15am</b>						H.I.I.T (30') Zena	
<b>9.30am</b>	Body Blast Dina	Body Pump Celeste		Body Pump (45') Dina	Body Combat Sharon		Body Pump Danielle T
<b>9.30am</b>	Aqua Tatiana	Aqua May		Aqua Sharon	Aqua Irina		
<b>10.30am</b>	Core Yoga (45') Dina						
<b>5.45pm</b>	Yogalates Dani A			Body Combat Celeste	Yoga Mary		
<b>6.45pm</b>	Body Combat Celeste			Body Pump (45') Celeste	Body Combat (45') Celeste		
<b>7.45pm</b>				<b>7.30pm</b> Yoga (45') - Dani A			

# PRAIRIEWOOD LEISURE CENTRE

## Monday 6 - Sunday 12 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	H.I.I.T Luke			H.I.I.T 30' (Outdoor) Marvin			
<b>6.30am</b>		Aqua Tatiana				<b>7.30am</b> Aqua (45') - Zena	
<b>8.30am</b>	Pilates Rossana	H.I.I.T Angela	Pilates Dani A	Forever Active Sharon	Stretch & Core Irina	Body Pump (45') Zena	
<b>8.30am</b>	Aqua Tatiana	Aqua Tatiana	Aqua Dina		Aqua Zumba (45') Christian		
<b>9.30am</b>	Body Blast Dina	Body Pump Chris	H.I.I.T Dina	Body Pump (45') Dina	Body Combat Sharon	<b>9.15am</b> H.I.I.T (30') - Zena	Body Pump Hector
<b>9.30am</b>	Aqua Tatiana	Aqua Zumba (45') Israelita	Aqua Rasha	Aqua Sharon	Aqua Irina		
<b>10.30am</b>	Core Yoga (45') Dina	Zumba Israelita	Body Combat (45') Rasha	Body Attack (45') Ammany	Pilates Flow (45') Dina		
<b>CHILD MINDING</b>	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am		
<b>5.45pm</b>	Yogalates Dani A	Body Combat Hector	Body Pump Irina	Body Combat Celeste	Yoga Mary		
<b>6.00pm</b>		H.I.I.T 30' (Outdoor) Marvin					
<b>6.45pm</b>	Body Combat Celeste	Body Pump Kerrie	Body Attack Ana	Body Pump (45') Celeste	Body Combat (45') Celeste		
<b>7.45pm</b>		Pilates Rossana		<b>7.30pm</b> Yoga (45') - Dani A			

## Monday 13 - Sunday 19 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	H.I.I.T Luke			H.I.I.T 30' (Outdoor) Marvin			
<b>6.30am</b>		Aqua Tatiana				<b>7.30am</b> Aqua (45') - Zena	
<b>8.30am</b>	Yoga Louisa	H.I.I.T Angela	Pilates Dani A	H.I.I.T Dina	Stretch & Core Irina	Body Pump (45') Zena	
<b>8.30am</b>	Aqua Tatiana	Aqua Tatiana	Aqua Dina	Aqua Robyn	Aqua Zumba (45') Christian		
<b>9.30am</b>	Body Blast Dina	Body Pump Chris	H.I.I.T Dina	Body Pump (45') Dina	Body Combat Irina	<b>9.15am</b> H.I.I.T (30') - Zena	Body Pump Hector
<b>9.30am</b>	Aqua Tatiana	Aqua Zumba (45') Israelita	Aqua Rasha	Aqua Ammany	Aqua Robyn		
<b>10.30am</b>	Core Yoga (45') Dina	Zumba Israelita	Body Combat (45') Rasha	Body Attack (45') Ammany	Pilates Flow (45') Dina		
<b>CHILD MINDING</b>	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am		
<b>5.45pm</b>	Yogalates Dani A	Body Combat Hector	Body Pump Irina	Body Combat Celeste	Yoga Shery		
<b>6.00pm</b>		H.I.I.T 30' (Outdoor) Marvin					
<b>6.45pm</b>	Body Combat Celeste	Body Pump Kerrie	Body Attack Ana	Body Pump (45') Celeste	Body Combat (45') Celeste		
<b>7.45pm</b>	Body Pump (30') Celeste	Pilates Rossana		<b>7.30pm</b> Yoga (45') - Shery			

## Monday 20 - Sunday 26 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	H.I.I.T Luke			H.I.I.T 30' (Outdoor) Marvin			
<b>6.30am</b>		Aqua Tatiana				<b>7.30am</b> Aqua (45') - Zena	
<b>8.30am</b>	Yoga Louisa	H.I.I.T Angela	Pilates Flow Dina	H.I.I.T Dina	Stretch & Core Irina	Body Pump (45') Zena	
<b>8.30am</b>	Aqua Tatiana	Aqua Tatiana	Aqua Dina	Aqua Robyn	Aqua Zumba (45') Christian		
<b>9.30am</b>	Body Blast Dina	Body Pump Chris	H.I.I.T Dina	Body Pump (45') Dina	Body Combat Irina	<b>9.15am</b> H.I.I.T (30') - Zena	
<b>9.30am</b>	Aqua Tatiana	Aqua Zumba (45') Israelita	Aqua Rasha	Aqua Ammany	Aqua Robyn		
<b>10.30am</b>	Core Yoga (45') Dina	Zumba Israelita	Body Combat (45') Rasha	Body Attack (45') Ammany	Pilates Flow (45') Dina		
<b>CHILD MINDING</b>	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am	9.15am - 11.45am		
<b>5.45pm</b>	Yogalates Dani A	Body Combat Hector	Body Pump Irina	Body Combat Celeste	Yoga Shery		
<b>6.00pm</b>		H.I.I.T 30' (Outdoor) Marvin					
<b>6.45pm</b>	Body Combat Celeste	Body Pump Kerrie	Body Attack Ana	Body Pump (45') Celeste	Body Combat (45') Hector		
<b>7.45pm</b>	Body Pump (30') Celeste	Stretch (45') Kerrie		<b>7.30pm</b> Yoga (45') - Shery			

# FAIRFIELD LEISURE CENTRE

## Monday 16 - Sunday 22 December

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.00am</b>		Stretch & Strong Christian		Aqua Jeanelle			Body Attack Angela
<b>8.30am</b>	Body Pump (45') Sharon		Aqua Sharon	Stretch & Mobility Simone	Aqua Zumba (45') Israelita		
<b>9.15am</b>						Body Combat Hector	
<b>9.30am</b>	Aqua Sharon	Aqua Shery					
<b>9.30am</b>	Body Attack (45') Grace	Body Combat Zena	Let's Dance Rose	Body Combat Grace	Body Pump Zena		
<b>10.30am</b>		Core Yoga (45') Zena	Body Pump (45') Sharon		Zumba Bella	<b>10.15am</b> Yoga - Mary	
<b>6.00pm</b>	Body Pump (45') Zena	Body Combat (45') Rasha	H.I.I.T (45') Zena	Body Attack (45') Angela			
<b>6.45pm</b>	H.I.I.T (30') Zena	Pilates (45') Rasha	Body Pump (45') Zena	Core (30') Angela			
<b>7.30pm</b>			Yoga Mary				

## Monday 23 - Sunday 29 December

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.00am</b>		Stretch & Strong Christian					Body Attack Angela
<b>8.30am</b>	Body Pump (45') Sharon				Aqua Zumba (45') Israelita		
<b>9.30am</b>	Aqua Sharon	Aqua Sharon					
<b>9.30am</b>	Body Attack (45') Ana	Body Combat Rasha			Body Pump Angela	<b>9.15am</b> H.I.I.T - Simone	
<b>10.30am</b>		Core Yoga (45') Rasha				<b>10.15am</b> Yoga - Mary	
<b>6.00pm</b>	Body Pump (45') Angela						
<b>6.45pm</b>	H.I.I.T (30') Angela						

## Monday 30 - Sunday 5 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.00am</b>		Stretch & Strong Christian					Body Attack Angela
<b>8.30am</b>	Body Pump (45') Sharon			Stretch & Mobility Simone	Aqua Zumba (45') Israelita		
<b>9.30am</b>	Aqua Sharon	Aqua Sharon					
<b>9.30am</b>	Body Attack (45') Ana	Body Combat Rasha		H.I.I.T (45') Simone	Body Pump Zena	<b>9.15am</b> H.I.I.T - Simone	
<b>10.30am</b>		Core Yoga (45') Rasha				<b>10.15am</b> Yoga - Mary	
<b>6.00pm</b>	Body Pump (45') Angela			Body Attack (45') Angela			
<b>6.45pm</b>	H.I.I.T (30') Angela			Core (30') Angela			

# FAIRFIELD LEISURE CENTRE

## Monday 6 - Sunday 12 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.00am</b>		Stretch & Strong Christian		Aqua Jeanelle			Body Attack Angela
<b>8.30am</b>	Body Pump (45') Sharon		Aqua Sharon	Stretch & Mobility Simone	Aqua Zumba (45') Israelita		
<b>9.15am</b>						Body Combat Hector	
<b>9.30am</b>	Aqua Sharon	Aqua Sharon					
<b>9.30am</b>	Body Attack (45') Ana	Body Combat (45') Zena	Zumba Israelita	Body Combat Hector	Body Pump Zena		
<b>10.30am</b>		Core Yoga (45') Zena	Body Pump (45') Sharon		Zumba Bella	<b>10.15am</b> Yoga - Mary	
<b>6.00pm</b>	Body Pump (45') Zena	Body Combat (45') Rasha	H.I.I.T (45') Angela	Body Attack (45') Angela			
<b>6.45pm</b>	H.I.I.T (30') Zena	Pilates (45') Rasha	Body Pump (45') Angela	Core (30') Angela			
<b>7.30pm</b>			Yoga Mary				

## Monday 13 - Sunday 19 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.00am</b>		Stretch & Strong Christian		Aqua Jeanelle			Body Attack Angela
<b>8.30am</b>	Body Pump (45') Angela		Aqua Shery	Stretch & Mobility Simone	Aqua Zumba (45') Israelita		
<b>9.15am</b>						Body Combat Hector	
<b>9.30am</b>	Aqua Shery	Aqua Shery					
<b>9.30am</b>	Body Attack (45') Ana	Body Combat Hector	Zumba Israelita	Body Combat Hector	Body Pump Zena		
<b>10.30am</b>		Stretch (30') Hector	Body Pump (45') Angela		Zumba Bella	<b>10.15am</b> Yoga - Shery	
<b>6.00pm</b>	Body Pump (45') Angela	Body Combat (45') Rasha	H.I.I.T (45') Angela	Body Attack (45') Angela			
<b>6.45pm</b>	H.I.I.T (30') Angela	Pilates (45') Rasha	Body Pump (45') Angela	Core (30') Angela			
<b>7.30pm</b>			Yoga Louisa				

## Monday 20 - Sunday 26 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.00am</b>		Stretch & Strong Christian		Aqua Jeanelle			
<b>8.30am</b>	Body Pump (45') Angela		Aqua Shery	Stretch & Mobility Simone	Aqua Zumba (45') Israelita		
<b>9.15am</b>						Body Combat Hector	
<b>9.30am</b>	Aqua Shery	Aqua Shery					
<b>9.30am</b>	Body Attack (45') Ana	Body Combat Zena	Let's Dance Rose	Body Combat Rose	Body Pump Zena		
<b>10.30am</b>		Core Yoga (45') Zena	Body Pump (45') Angela		Zumba Bella	<b>10.15am</b> Yoga - Shery	
<b>6.00pm</b>	Body Pump (45') Zena	Body Combat (45') Rasha	H.I.I.T (45') Angela	Body Attack (45') Angela			
<b>6.45pm</b>	H.I.I.T (30') Zena	Pilates (45') Rasha	Body Pump (45') Angela	Core (30') Angela			
<b>7.30pm</b>			Yoga Louisa				

## VIRTUAL (@ Fairfield Leisure Centre ONLY)

### Monday 16 - Sunday 22 December

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	Body Pump 45'	Core 45'	Body Combat 45'	Body Balance 45'	Body Pump 45'		
<b>7.00am</b>	Core 45'	Body Pump 45'	Core 45'	Body Pump 45'	Body Balance 45'	Body Balance 45'	
<b>7.45am</b>	Body Combat 30'		Body Pump 30'	Core 30'	Core 45'	Core 30'	<b>7.30am</b> Core 30'
<b>8.30am</b>			Body Balance 45'		Body Attack 45'	<b>8.15am</b> Body Pump 45'	<b>9.00am</b> Body Balance 45'
<b>9.30am</b>							<b>9.45am</b> Body Pump 45'
<b>10.30am</b>	Body Balance 45'			Core 30'			
<b>6.00pm</b>					Body Combat 45'		
<b>6.45pm</b>					Body Pump 45'		
<b>7.30pm</b>	Body Balance 45'	Body Balance 45'		Body Balance 45'	Core 45'		

### Monday 23 - Sunday 29 December

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	Body Pump 45'	Core 45'			Body Pump 45'		
<b>7.00am</b>	Core 45'	Body Pump 45'			Body Balance 45'	Body Balance 45'	
<b>7.45am</b>	Body Combat 30'				Core 45'	Core 30'	<b>7.30am</b> Core 30'
<b>8.30am</b>				Body Balance 45'	Body Attack 45'	<b>8.15am</b> Body Pump 45'	<b>9.00am</b> Body Balance 45'
<b>9.30am</b>				Body Combat 45'			<b>9.45am</b> Body Pump 45'
<b>10.30am</b>	Body Balance 45'			Core 45'			
<b>6.00pm</b>					Body Combat 45'		
<b>6.45pm</b>					Body Pump 45'		
<b>7.30pm</b>	Body Balance 45'				Core 45'		

### Monday 30 - Sunday 5 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	Body Pump 45'	Core 45'		Body Balance 45'	Body Pump 45'		
<b>7.00am</b>	Core 45'	Body Pump 45'		Body Pump 45'	Body Balance 45'	Body Balance 45'	
<b>7.45am</b>	Body Combat 30'			Core 30'	Core 45'	Core 30'	<b>7.30am</b> Core 30'
<b>8.30am</b>			Body Pump 45'		Body Attack 45'	<b>8.15am</b> Body Pump 45'	<b>9.00am</b> Body Balance 45'
<b>9.30am</b>			Body Attack 45'				<b>9.45am</b> Body Pump 45'
<b>10.30am</b>	Body Balance 45'		Body Balance 45'	Core 30'			
<b>6.00pm</b>					Body Combat 45'		
<b>6.45pm</b>					Body Pump 45'		
<b>7.30pm</b>	Body Balance 45'			Body Balance 45'	Core 45'		

## VIRTUAL (@ Fairfield Leisure Centre ONLY)

### Monday 6 - Sunday 12 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	Body Pump 45'	Core 45'	Body Combat 45'	Body Balance 45'	Body Pump 45'		
<b>7.00am</b>	Core 45'	Body Pump 45'	Core 45'	Body Pump 45'	Body Balance 45'	Body Balance 45'	
<b>7.45am</b>	Body Combat 30'		Body Pump 30'	Core 30'	Core 45'	Core 30'	<b>7.30am</b> Core 30'
<b>8.30am</b>			Body Balance 45'		Body Attack 45'	<b>8.15am</b> Body Pump 45'	<b>9.00am</b> Body Balance 45'
<b>9.30am</b>							<b>9.45am</b> Body Pump 45'
<b>10.30am</b>	Body Balance 45'			Core 30'			
<b>6.00pm</b>					Body Combat 45'		
<b>6.45pm</b>					Body Pump 45'		
<b>7.30pm</b>	Body Balance 45'	Body Balance 45'		Body Balance 45'	Core 45'		

### Monday 13 - Sunday 19 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	Body Pump 45'	Core 45'	Body Combat 45'	Body Balance 45'	Body Pump 45'		
<b>7.00am</b>	Core 45'	Body Pump 45'	Core 45'	Body Pump 45'	Body Balance 45'	Body Balance 45'	
<b>7.45am</b>	Body Combat 30'		Body Pump 30'	Core 30'	Core 45'	Core 30'	<b>7.30am</b> Core 30'
<b>8.30am</b>			Body Balance 45'		Body Attack 45'	<b>8.15am</b> Body Pump 45'	<b>9.00am</b> Body Balance 45'
<b>9.30am</b>							<b>9.45am</b> Body Pump 45'
<b>10.30am</b>	Body Balance 45'			Core 30'			
<b>6.00pm</b>					Body Combat 45'		
<b>6.45pm</b>					Body Pump 45'		
<b>7.30pm</b>	Body Balance 45'	Body Balance 45'		Body Balance 45'	Core 45'		

### Monday 20 - Sunday 26 January

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.00am</b>	Body Pump 45'	Core 45'	Body Combat 45'	Body Balance 45'	Body Pump 45'		
<b>7.00am</b>	Core 45'	Body Pump 45'	Core 45'	Body Pump 45'	Body Balance 45'	Body Balance 45'	
<b>7.45am</b>	Body Combat 30'		Body Pump 30'	Core 30'	Core 45'	Core 30'	
<b>8.30am</b>			Body Balance 45'		Body Attack 45'	<b>8.15am</b> Body Pump 45'	<b>9.00am</b> Body Balance 45'
<b>9.30am</b>							<b>9.45am</b> Body Pump 45'
<b>10.30am</b>	Body Balance 45'			Core 30'			
<b>6.00pm</b>					Body Combat 45'		
<b>6.45pm</b>					Body Pump 45'		
<b>7.30pm</b>	Body Balance 45'	Body Balance 45'		Body Balance 45'	Core 45'		