




























**GROUP FITNESS TIME TABLE EFFECTIVE 24 AUGUST, 2020**

TIME	MON	TUES	WED	THURS	FRI	SAT Please note start times	
6.30 AM	 YOGA (20) CARRIE	 CIRCUIT (20) SALLY	 BODYPUMP (17) ALYSHA	 YOGA (20) JACKIE	 CIRCUIT (20) ALYSHA OR /LEE		
7:45 AM	 (New Start time) BODYPUMP (17) PATSY					<b>8.00am</b>  YOGA (20) WOLFGANG	
9.00 AM	 YOGALATES (20) CAROLYN 55 MINUTES	 ZUMBA (20) NELLA 55 MINUTES	 BODYBALANCE (20) PATSY 55 MINUTES	 BOOTY BARRE (16) CAROLYN 55MINS	 AQUA (30) KATIE	NOTE: 8:45 START  BODYPUM P (17) RACHAEL	 AQUA (30) KATIE
10.00 AM	 YOGALATES (20) CAROLYN	 STRETCH AND FLEX (20) KATIE	 (30) AQUA CAROLYN	 CHIBALL (16) CHERRYLE	 YOGALATES (20) CAROLYN	 BODY BALANCE (20) PATSY 55 MINUTES	 CIRCUIT (20) LUKE
11.00 AM	 AQUA (30) CHERRYLE				 CHIBALL (16) CHERRYLE		
5.15 PM	 STRETCH & FLEX (20) KATIE	 TOTAL BODY (20) LUKE	 YOGA (20) ADHI	 BODYPUMP (17) PASTSY			