

CLASS TIMETABLE

J E R S E Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		SHRED 06:15 - 06:45 F/T	MUSCLE PUMP 07:00 - 07:45 Alana	REPS 06:15 - 06:45 F/T	BODYPUMP 09:00 - 10:00 Jo	ZUMBA 10:00 - 10:45 Leila
CORE 07:00 - 07:30 F/T	BODY PUMP 07:00 - 08:00 Jo	BOLT 07:00 - 07:45 F/T	YOGA 09:30 - 10:15 Caroline	LEGS, GLUTES AND CORE 07:00 - 07:30 F/T	BODYCOMBAT 10:10 - 11:10 Jo	PILATES 11:00 - 12:00 Sharon
LEGS, GLUTES AND CORE 12:15 - 12:45 Vic	REPS 12:15 - 12:45 F/T	PILATES 12:15 - 12:50 Amber	SHRED 12:15 - 12:45 F/T	PILATES 12:15 - 12:50 Sharon	YOGA 11:20 - 12:20 Elayne	
SHRED 13:15 - 13:45 F/T	MUSCLE TONE 13:15 - 13:50 Patrick	X LIFT 13:15 - 13:45 F/T	MUSCLE TONE 13:15 - 13:50 Patrick	CORE 13:15 - 13:15 F/T		
BOLT 17:30 - 18:00 F/T	X LIFT 17:30 - 18:00 F/T	REPS 17:30 - 18:00 F/T	CORE 17:30 - 18:00 F/T			
PILATES 18:20 - 19:05 Sharon		STRONG NATION 18:30 - 19:15 Leila	BODYPUMP 18:30 - 19:30 Jo			