

CLASS TIMETABLE

J E R S E Y

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--------------------------------------|--|--------------------------------|------------------------------------|
| REPS 07.00 - 07.30 F/T | BODYPUMP 07.00 - 08.00 Jo | SHRED 06.15 - 06.45 F/T | MUSCLE PUMP 07.00 - 07.45 Alana | LEGS, GLUTES AND CORE 06.15 - 06.45 F/T | BODYPUMP 09.00 - 10.00 Jo | ZUMBA 10.00 - 10.45 Leila |
| LEGS, GLUTES AND CORE 12.15 - 12.45 VIC | REPS 12.15 - 12.45 F/T | TRAX 07.00 - 07.30 F/T | YOGA 09.30 - 10.15 Caroline | SHRED 07.00 - 07.30 F/T | BODYCOMBAT 10.10 - 11.10 Jo | PILATES 11.00 - 12.00 Sharon |
| SHRED 13.15 - 13.45 F/T | MUSCLE TONE 13.15 - 13.50 Patrick | 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 | |
| TRAX 17.30 - 18.00 F/T | LEGS, GLUTES AND CORE 17.30 - 18.00 F/T | LEGS, GLUTES AND CORE 13.15 - 13.45 F/T | MUSCLE TONE 13.15 - 13.50 Patrick | TRAX 13.15 - 13.45 F/T | | |
| PILATES 18.20 - 19.05 Sharon | | REPS 17.30 - 18.00 F/T | TRAX 17.30 - 18.00 F/T | | | |
| | | STRONG NATION 18.30 - 19.15 Leila | BODYPUMP 18.00 - 19.00 Jo | | | |