

# STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>TRAX</b> 06:15 - 06:45 F/T	<b>MUSLCE PUMP</b> 07:00 - 07:45 Alana	<b>LEGS, GLUTES &amp; CORE</b> 06:15 - 06:45 F/T	<b>BODYPUMP</b> 09:00 - 10:00 Jo	<b>ZUMBA</b> 10:00 - 10:45 Leila
<b>SHRED</b> 07:00 - 07:30 F/T	<b>BODY PUMP</b> 07:00 - 08:00 Jo	<b>SHRED</b> 07:00 - 07:30 F/T	<b>YOGA</b> 09:30 - 10:15 Caroline	<b>BOXING FIT</b> 07:00 - 07:35 ZOLTAN	<b>BODYCOMBAT</b> 10:10 - 11:10 Jo	<b>PILATES</b> 11:00 - 12:00 Sharon
<b>LEGS, GLUTES &amp; CORE</b> 12:15 - 12:45 Vic	<b>TRAX</b> 12:15 - 12:45 F/T	<b>PILATES</b> 12:15 - 12:50 Amber	<b>SHRED</b> 12:15 - 12:45 F/T	<b>PILATES</b> 12:15 - 12:50 Sharon	<b>YOGA</b> 11:20 - 12:20 Elayne	
<b>SHRED</b> 13:15 - 13:45 F/T	<b>MUSCLE TONE</b> 13:15 - 13:50 Patrick	<b>TRAX</b> 13:15 - 13:45 F/T	<b>MUSCLE TONE</b> 13:15 - 13:50 Patrick	<b>TRAX</b> 13:15 - 13:45 F/T		
<b>TRAX</b> 17:30 - 18:00 F/T	<b>BOXING FIT</b> 17:30 - 18:05 ZOLTAN	<b>LEGS, GLUTES &amp; CORE</b> 17:30 - 18:00 F/T	<b>TRAX</b> 17:30 - 18:00 F/T			
<b>PILATES</b> 18:20 - 19:05 Sharon		<b>STRONG NATION</b> 18:30 - 19:15 Leila	<b>BODYPUMP</b> 18:00 - 19:00 Jo			