

Colour Key: All Levels **Beginners & Intermediate** **Intermediate/Advanced** **Additional Cost**

Mon	07:00 – 07:45	Power Spin	Joe
	12:10 - 12:40	Legs Bums and Tums	Joe
	12:45 – 13:00	Insane Core	Jamie
	13:10 - 13:45	Tough Enough Circuits	Jamie
	17:15 – 18:00	Full Body Burn	Jamie
Tues	07.00 - 07.45	Insanity	Joe
	12:10 - 12:45	Barbell Workout	Jamie
	13:10 - 13:40	X-Fit	Joe
	17:15 – 18:00	Spin and Sculpt	Jamie
Wed	07:00 – 07:30	Boxing Circuits	Jamie
	07:30 – 07:45	Abs Blast	Jamie
	12:10 – 12:45	Total Body Conditioning	Joe
	13:10 – 13:45	Eliminator	Jamie
	17:15 – 17:55	H.I.I.T	Joe
	18:00 – 18:30	Spin	Joe
Thurs	07:00 – 07:45	Spin Circuits	Jamie
	12:10 - 12:45	Boxercise	Joe
	13:10 - 13:55	Pilates*	Ann-Maree
	14:00-14:45	Pilates*	Ann-Maree
	17:10 – 17:40	Insanity	Joe
	17:45 - 18:45	Yoga*	Vivienne
Fri	07:00 - 07:45	Pump	Joe
	12:10 - 12:55	Power Spin	Joe
	13:10 - 13:50	PiYo	Tracey
	16:30 – 17:15	Friday Fit in 45	Jamie