

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
09.00-09.45AM			HIIT & ABS ARUN		HIIT & ABS KHURRAM	EVOLVE JAMIE		
10.00-10.45AM	HIIT & ABS KHURRAM	BODY BLAST SHEMY		LBT ARUN	BOOTCAMP NARINDER		LBT JOSHUA	
11.00-11.45AM	WOMENS ONLY LBT NARINDER	SPIN NARINDER	WOMENS ONLY LBT NARINDER	PILATES REBECCA	SPIN NARINDER			
13.00-13.45PM	INSANITY NARINDER		LBT NARINDER					
17.15-18.00PM	TABATA KYLE	INSANITY NARINDER						
18.15-19.00PM	HIIT ARUN	SPIN OLIVIA	VIBE POWER OLIVIA	SPIN OLIVIA	TABATA KYLE	SPIN OLIVIA	NRG BOOTCAMP JOSHUA	
19.15-20.00PM	NRG BOXFIT JOSHUA	SPIN OLIVIA	BODY BLAST JOSHUA	STEP KELLY	LBT JOE	SPIN FRANCO	VIBE POWER OLIVIA	YOGA ALLY
20.15-21.00PM	YOGA ALLY							

NOTICE

ALL MEMBERS ARE TO BOOK ON TO THE CLASSES, WE DO NOT OFFER A FIRST COME FIRST SERVE ATTENDANCE. WE ADVISE ALL MEMBERS BOOKED ON TO SEE THE INSTRUCTOR TEACHING AS THEY WIL HAVE A REGISTER FOR ENTERANCE. ALL CLASSES WILL BE BOOKABLE 1 WEEK IN ADVANCE FROM THE CLASS FINISHING. PLEASE DO NOT ARRIVE LATE FOR CLASSES AS YOU WILL BE DENIED ENTRY ON ARRIVAL.