

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45							
10:00 - 10:45				HIIT & ABS PT LED Arun	Les Mills Pump Bree	Les Mills Pump Bree	NRG HIIT PT LED Josh/Joe
11:00 - 11:45				NRG PUMP/PILATES GX Led Rebecca		NRG BOXFIT PT LED Josh 2/4 weeks	Les Mills Body Attack. STE
12:00 - 12:30							
18:15 - 19:00	NRG HIIT PT LED Arun	NRG PUMP GX LED Oliva C	NRG Indoor Cycling GX LED Olivia D	Les Mills Combat GX Instructor STE	NRG BOOT CAMP PT LED Josh		
	NRG Indoor Cycling GX LED Olivia D	NRG Indoor Cycling GX LED Olivia D	Tabata PT LED Kyle	NRG Indoor Cycling GX LED Olivia D			
19:15 - 20:00	NRG STEP GX LED Kelly	NRG LBT PT LED Joe	NRG Indoor Cycling GX LED Franco	NRG PUMP GX LED Oliva C	YOGA GX LED Ally		
	NRG Indoor Cycling GX LED Olivia D		NRG BOXFIT PT LED Josh				
20:00 - 21:00	YOGA GX LED Ally						