

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>						
<b>6:15am-7am</b> Bootcamp Emma	<b>6am-6:30am</b> Spin <b>6:30am-7am</b> Legs & Abs Blast Sam	<b>6am-6:30am</b> HIIT Sam <b>6:30am-7am</b> Power Pump Sam	<b>6:15am-7am</b> Pump It Up Karen	<b>6:15am-7am</b> Circuits Robyn	<b>8:15am-9am</b> Spin Emma	
<b>9:30am-10am</b> HIIT Robyn	<b>9:15am-10am</b> Bootcamp Emma	<b>9:30am-10:15am</b> Zumba Karen	<b>9:15am-10am</b> Tabata Sarah	<b>9:15am-10am</b> Pump It Up Karen	<b>9:15am-10am</b> Zumba Karen	
<b>10:15am-11am</b> Aerotone Karen	<b>10:15am-11am</b> Aerotone Karen	<b>10:30am-11am</b> Spin Robyn	<b>10:15am-11am</b> Stretch & Tone Robyn	<b>10:15am-10:45am</b> Spin Robyn	<b>10:15am-11am</b> 15/15/15 Robyn	<b>10am-10:45am</b> Body Bar Emma
		<b>11am-11:30am</b> HIIT Robyn		<b>11am-11:45am</b> Nifty 50s Karen		
<b>Afternoon</b>						
<b>1:30pm-2:15pm</b> Clubbercise Robyn	<b>12-12:45pm</b> Combat Emma	<b>1:30pm-2:15pm</b> Dance Aerobics Sam	<b>1:30pm-2:15pm</b> Burlercise Kim	<b>1:30pm-2:15pm</b> Circuits Sarah		
<b>Evening</b>						
<b>5pm-5:30pm</b> Infinity Bounce Robyn		<b>5pm-5:45pm</b> Step & Tone Karen & Robyn				
<b>5:45pm-6:15pm</b> Spin Robyn		<b>5:55pm-6:25pm</b> Dance Aerobics Karen & Robyn	<b>6:30pm-7:15pm</b> Zumba Karen			
<b>6:30pm-7:15pm</b> Clubbercise Karen	<b>6:30pm-7:15pm</b> Power Pump Sam	<b>6:30pm-7:15pm</b> Combat Emma	<b>7:25pm-7:55pm</b> Infinity Bounce Robyn			
<b>7:15pm-8pm</b> Legs, Bums and Tums Karen	<b>7:30pm-8:15pm</b> Circuits Sarah		<b>8pm-8:30pm</b> CardioTone Emma			