

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00							
08.00							
09.00							
10.00						Zumba Kids Judith 60 min	
11.00						Zumba Judith 60 min	
12.00	Circuits Ryan 1 hour 15 min	Boxing Bootcamp Josh 45 min	Joint and Mobility Luke 45 min	Express Bootcamp Josh 45 min			Crossfit Paul 60 min
13.00					Zumba Judith 60 min		
14.00							
15.00							
16.00							
17.00							
18.00	Weightlifting Class Luke 60 min Begins 09 Dec 2013	Strength Conditioning Luke 60 min	Crossfit Paul 60 min	Kettle Bells Dean 60 min	Express Bootcamp Josh 45 min		
19.00	Bootcamp Obe 45 min	Zumba Judith 60 min	Zumba Elite Dede 60 min	Thai Boxing Dean 45 min Begins TBC			
20.00	Thai Boxing Obe 45 min	Defence Lab Judith 60 min	Bare Concept Dede 45 min	Thai Boxing Dean 45 min Begins TBC			

ALL CLASSES* ARE FREE FROM 02 to 15 DEC
 *EXCLUDING ZUMBA ELITE AND BARE CONCEPT