

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>							
	<b>06.00-6.45am</b> <b>KETTLEBELLS</b> Leighanne	<b>06.15-7.00</b> <b>SPIN</b> Rachel	<b>06.00-6.45</b> <b>BOOTCAMP</b> Leigh/Rach	<b>06.15-7.00</b> <b>L1FT</b> Rachel	<b>06.00-6.45</b> <b>SPIN &amp; ABS</b> Leighanne	<b>08.30-9.15</b> <b>CARDIO</b> <b>STRENGTH</b> Rachel	<b>08.30-9.15</b> <b>BOOTCAMP</b> Leighanne
<b>DAYTIME</b>							
	<b>09.30-10.15</b> <b>CHARTFIT</b> (Dance Aerobics) Rachel	<b>09:30-10.15</b> <b>GLUTES,ABS &amp; ARMS</b> Leighanne	<b>09.30-10.15</b> <b>FUNCTIONAL</b> <b>CIRCUITS</b> Leighanne	<b>09.30-10.15</b> <b>SPIN</b> Rachel	<b>09.30-10.15</b> <b>TOTAL BODY</b>	<b>9.30-10.15</b> <b>SPIN</b> Rachel	<b>9.20-10.05</b> <b>L1FT</b> Leighanne
	<b>10.30-11.15</b> <b>L1FT</b> Rachel					<b>10.30-11.15</b> <b>FITNESS YOGA</b> Rachel	
<b>LUNCHTIME</b>							
		<b>12:00-12:45</b> <b>REAL BOOTCAMP</b> Leighanne		<b>12:00-12:45</b> <b>REAL BOOTCAMP</b> Leighanne			
<b>EVENING</b>							
		<b>17:00-17:45</b> <b>KIDS SPIN&amp;BOX</b> Leighanne					
	<b>18.00</b> <b>SPIN</b> Rachel	<b>18:00-18:45</b> <b>CARDIOCOMBAT</b> Leighanne	<b>18.00</b> <b>GLUTES, ABS &amp; ARMS</b> Rachel	<b>18.00</b> <b>SPIN</b> Leighanne	<b>18.00</b> <b>POUND</b> Holly		
	<b>19.00</b> <b>BOOTCAMP</b> Rachel	<b>19:00-19:45</b> <b>L1FT</b> Leighanne	<b>19.00</b> <b>ChartFIT</b> (Dance Aerobics) Rachel	<b>19.00</b> <b>TOTALBODY</b> Leighanne			