

Group Fitness Schedule

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Spin Kerry			Spin Kerry		
8:00 AM						Spin Kerry	XLR8* Dave
8:30 AM	StrengthWorks - Donna	CardioBlast - Tom (30min)	Barre & More Donna	Step Express Donna (30min)	Seniorcise - Diane (45min)	Pilates Donna	Spin Jen
	Seniorcise - Diane (45min)				Total Body Strength- Andrea		
9:00 AM		Aqua - Diane		Abs Express Donna			
		StrengthWorks - Donna		Aqua - Jean			Total Pump - 9:15am Jen
		XLR8* - Dave					
9:30 AM	CardioKick Donna		Spin Tom	StrengthWorks Donna	Zumba Andrea		
	Spin Tom		Sweat Jen		Spin Monica		
10:00 AM		Pilates- Donna					
10:30 AM	Total Pump - Jen						Yoga Carol
5:30 PM		XLR8* Dave			XLR8* Dave		
6:00 PM	XLR8* - Dave		1st of Mth - Step Barre-Lates Donna				
			Spin Kerry				
6:30 PM		Yoga Carol		Yoga Laura			

Classes Require 3 Participants 45 - 60mins unless specified
Class format & instructors are subject to last minute changes

* upstairs boxing
area

XLR8 requires 'Small Group
Training' registration