



JAN 2019 Class Schedule

	6.00am	6.00am (45 mins)	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Wed 2	Step & Weights DEBI		FUNctional Fitness DEBI		XTrain DOUG	BodyStrong MEG		X-Train MEG
Thu 3	XTrain LIB		Step/Pump Fusion MEG	Guest Yoga SHARON	Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 4	Friday Fusion MEG		Yoga DEBI					Fighting Fit LIB
Sat 5th	7.30am (45 mins) *** Spinning LIB	8.30am (60 mins) Fitpump MEG						
	6.00am	6.00am (45 mins)	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 7	Zumba EMMANUEL	*** Spinning LIB	Basic Weights LUANN		FitPump MEG	FitPump MEG		FitPump MEG
Tue 8	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates NICOLA	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 9	FitPump MEG	***Spinning DEBI	FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 10	XTrain LIB		Step/Pump Fusion MEG	Guest Yoga SHARON	Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 11	Friday Fusion MEG		Yoga DEBI					Fighting Fit KUDZI
Sat 12th		8.30am (60 mins) Zumba EMMANUEL						
	6.00am	6.00am (45 mins)	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 14	Zumba BERNARD	*** Spinning LIB	Basic Weights LUANN		FitPump MEG	FitPump MEG		FitPump MEG
Tue 15	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 16	FitPump MEG	***Spinning DEBI	FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 17	XTrain LIB		Step/Pump Fusion MEG	Guest Yoga SHARON	Step & Core EMMANUEL	Zumba EMMANUEL	*** Spinning MEG	Zumba EMMANUEL
Fri 18	Friday Fusion MEG		Yoga DEBI					Fighting Fit KUDZI
Sat 19th	7.30am (45 mins) ***Spinning AUSTIN	8.30am - 9.30am Outdoor X-train KUDZI						
	6.00am	6.00am (45 mins)	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 21	Zumba BERNARD	***Spinning LIB	Basic Weights LUANN		FitPump MEG	FitPump MEG		FitPump MEG
Tue 22	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 23	Fitpump MEG	***Spinning DEBI	FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 24	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 25	Friday Fusion MEG		Yoga DEBI					Fighting Fit KUDZI
Sat 26th		8.30am (60 mins) Strong by Zumba BERNARD						
	6.00am	6.00am (45 mins)	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 28	Zumba BERNARD	***Spinning LIB	Basic Weights LUANN		FitPump MEG	FitPump MEG		FitPump MEG
Tue 29	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 30	Fitpump MEG	***Spinning DEBI	FUNctional Fitness DANIELLE		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 31	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL