

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|
| <p>Fatburner* Maz 5:45 AM - 6:30 AM</p> <p>*NEW* Spinsanity* Maz 9:30 AM - 10:15 AM</p> <p>Bodytone Maz 19:30 PM - 20:15 PM</p> | <p>Circuit Mania* Andy ReformU 5:45 AM - 6:30 AM</p> <p>KIDS CLUB 'ABC' (Agility, Balance, Coordination) 16:00 PM - 16:45 PM</p> <p>OH SO Yoga Stacey Howe 18:00 PM - 19:15 PM</p> <p>Boxing fitness* Mark 18:30 PM - 19:15 PM</p> | <p>Bodytone Mark 5:45 AM - 6:30 AM</p> <p>Spin* Mark 9:30 AM - 10:15 AM</p> <p>Pilates* Mark 12:30 PM - 13:15 PM</p> <p>Pilates Beginners Mark 18:30 PM - 19:30 PM</p> <p>Pilates Intermediates (must have completed the beginners course)* Mark 19:30 PM - 20:30 PM</p> | <p>Last chance workout Maz 5:45 AM - 6:30 AM</p> <p>*NEW* Spinsanity* Maz 18:30 PM - 19:15 PM</p> | <p>Fatburner* Maz 5:45 AM - 6:30 AM</p> | <p>Spin* Maz 8:00 AM - 9:00 AM</p> <p>OH SO Yoga Stacey Howe 9:00 AM - 10:15 AM</p> <p>KIDS CLUB 'ABC' (Agility, Balance, Coordination) 9:00 AM - 9:45 AM</p> <p>KIDS CLUB 'Holistikids' (stretching, core strength, based on Pilates and yoga) 9:45 AM - 10:30 AM</p> |