

Central Class Timetable

April - June 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Pilates 9:30am 45m ☉	Body Pump 9:30am 45m ☉		Body Pump 9:30am 45m ☉	Bhangra Blaze 10:30am 45m ☉		
		Group Cycle 10:30am 45m ☉		Legs, Bums and Tums 10:30am 45m ☉			
		Pilates 10:30am 45m ☉					
PM	Circuits 12:30pm 30m ☉	HIIT 12:30pm 30m ☉	Group Cycle 12:30pm 45m ☉	Group Cycle 5:30pm 45m ☉	Pilates 6:30pm 45m ☉		
	Reggae Spin 6pm 45m ☉	Abs Blast 1pm 30m ☉	Abs Blast 1pm 30m ☉	HIIT 6:15pm 30m ☉			
	Bhangra Blaze 6pm 45m ☉	HIIT 5:30pm 30m ☉	Pilates 5:45pm 45m ☉				
	Aerobics 7pm 45m ☉	Pilates 6:30pm 45m ☉	Zumba 6:45pm 45m ☉				
		Body Pump 7:45pm 45m ☉					