

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
–	<b>HIIT</b> 6.15 - 7.00am (Studio)	–	<b>Body Project Boot Camp</b> 6.15 - 7.00am (Studio)	–	<b>Cardio Combat</b> 9.00 - 9.45am (Studio)
–	<b>Monica's Movement</b> 9.15 - 10.15am (Studio)	–	<b>Yoga</b> 9.15 - 10.15am (Studio)	–	<b>Yoga</b> 9.45 - 10.45am (Studio)
<b>Zumba</b> 6.15 – 7.00pm (Sitwell Suite)	<b>Kettlecise</b> 5.30 – 6.15pm (Studio)	<b>Step It Up</b> 6.15 - 7.00pm (Sitwell Suite)	–	–	–
<b>Power Hour</b> 6.15 - 7.15pm (Studio)	<b>Indoor Cycling</b> 6.20pm - 7.10pm (Studio)	<b>Strength &amp; Conditioning</b> 6.15 - 7.15pm (Studio)	<b>Kettlecise</b> 5.30 - 6.15pm (Studio)	<b>Yoga / Qi-Gong</b> 6.30 - 7.30pm (Studio)	
<b>Indoor Cycling</b> 7.15 - 8.15pm (Studio)	<b>Insanity</b> 6.15 - 7.00pm (Sitwell Suite)	<b>Block Fit</b> 7.15 - 8.15pm (Sitwell Suite)	<b>Indoor Cycling</b> 6.20 - 7.10pm (Studio)		
–	<b>Yoga / Qi-Gong</b> 7.15 - 8.15pm (Studio)	–	<b>Cardio Combat</b> 7.15 - 8.15pm (Sitwell Suite)		



Fitness | Health | Well Being | Nutrition

