

GROUP FITNESS



MONDAY

5:30AM **GRIT / CORE**
BROOKE H

9:30AM **PUMP**
JANE

10:30AM **LES MILLS CORE**
JANE

4:30PM **STEP**
ELISA

5:30PM **ATTACK**
BROOKE A

5:30PM **SPRINT**
JANE (STUDIO 3)

6:00PM **GRIT**
BROOKE H (STUDIO 2)

6:30PM **PUMP**
RAY

6:30PM **RPM**
BROOKE A (STUDIO 3)

6:30PM **BALANCE**
LINDA (STUDIO 2)

7:30PM **COMBAT**
JAY

7:30PM **LES MILLS CORE**
RAY (STUDIO 2)

TUESDAY

5:30AM **RPM**
MEL (STUDIO 3)

9:30AM **RPM**
MEL (STUDIO 3)

9:30AM **GRIT**
VIKKI (STUDIO 2)

4:30PM **COMBAT**
VIKKI

5:30PM **PUMP**
BROOKE A

5:30PM **SPRINT**
RAY (STUDIO 3)

6:00PM **GRIT**
VIKKI (STUDIO 2)

6:30PM **ATTACK**
BROOKE A

6:30PM **LES MILLS CORE**
RAY (STUDIO 2)

7:30PM **YOGA**
ALLY

WEDNESDAY

5:30AM **PUMP**
JAY

9:30AM **COMBAT**
JAY

10:30AM **PUMP**
JAY

5:30PM **GRIT**
VIKKI (STUDIO 2)

5:30PM **ATTACK**
ALEX

6:00PM **LES MILLS CORE**
JANE (STUDIO 2)

6:30PM **COMBAT**
JANE

6:30PM **BALANCE**
LINDA (STUDIO 2)

6:30PM **RPM**
MEL (STUDIO 3)

7:30PM **PUMP**
CHRIS

THURSDAY

5:30AM **GRIT**
CHRIS

5:30AM **RPM**
LESLEY (STUDIO 3)

9:30AM **PUMP**
BROOKE H

9:30AM **YOGA**
LINDA (STUDIO 2)

10:30AM **LES MILLS CORE**
BROOKE H

4:30PM **STEP**
MATT

5:30PM **COMBAT**
JANE

6:30PM **PUMP**
JANE

7:30PM **ZUMBA**
RUDI

7:30PM **LES MILLS CORE**
JANE (STUDIO 2)

FRIDAY

5:30AM **PUMP**
BROOKE H

9:30AM **COMBAT**
VIKKI

10:30AM **HIIT**
VIKKI

4:30PM **COMBAT**
KAROLA

5:30PM **PUMP**
JAKO

6:30PM **ZUMBA**
MARLEE

6:30PM **LES MILLS CORE**
JAKO (STUDIO 2)

SATURDAY

6:30AM **SPARTAN**
FRAN

7:30AM **COMBAT**
JANE / VIKKI

8:30AM **GRIT**
VIKKI

9:00AM **SPRINT**
JANE (STUDIO 3)

9:30AM **PUMP**
JANE

10:30AM **ZUMBA**
RUDI

4:30PM **PUMP**
BROOKE H

SUNDAY

7:30AM **RPM**
BROOKE A (STUDIO 3)

8:30AM **ATTACK**
BROOKE A

9:30AM **PUMP 30**
BROOKE H

10:00AM **LES MILLS CORE**
BROOKE H

10:30AM **YOGA**
ALLY

4:30PM **COMBAT**
JANE