





GROUP FITNESS TIMETABLE: DECEMBER 22ND - 28TH



		MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th	SATURDAY 27th	SUNDAY 28th
HEALTH CLUB	06:05AM	HIGH ENERGY CIRCUIT with Henry		HIGH ENERGY CIRCUIT with Henry	CHRISTAMAS DAY 	BOXING DAY 		
	07:30AM			WONDER WOMAN with Di				
	09:00AM		HIGH ENERGY CIRCUIT with Hannah					
	09:10AM	LES MILLS BODY PUMP with Nat						
	10:00AM	LES MILLS RPM with Nat						
	10:50AM	STRETCH & ALIGN with Skye						
	1:30PM	MOVE TO IMPROVE with Di		MOVE TO IMPROVE with Di				
	6:00PM	HIGH ENERGY CIRCUIT with Henry	STRENGTH & CARDIO with Di	HIGH ENERGY CIRCUIT with Henry				
	7:00PM	PILATES with Prue						