

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM FLOOR	6:15AM		FUNCTIONAL TRAINING with Juliette		FUNCTIONAL TRAINING with Henry			
	8:15AM						BOOTCAMP with Henry	
	12:30PM	SENIOR CIRCUIT with Di		SENIOR CIRCUIT with Di				
	3:30PM	TEEN GYM: 2 hours of supervised gym access for 13- 5 year olds with instructor guided programming						
	6:00PM				FUNCTIONAL TRAINING with Juliette			
	6:15PM					FUNCTIONAL TRAINING with Mitch		
	7:15PM			FUNCTIONAL TRAINING with Denham				
	7:30PM	FUNCTIONAL TRAINING with Di						

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	7:30AM		AQUA FOR ALL with Di					
	8:30AM	AQUA FIT with Di	AQUA FIT with Wendy	AQUA FIT with Mel	AQUA FOR ALL with Di	AQUA FIT with Mel		
	9:30AM	AQUA FIT with Mel	AQUA HIIT with Skye	AQUA FIT with Di	AQUA FIT with Mel	AQUA FIT with Di		

*At times program bookings may interrupt regular scheduling. We will do our best to notify members ahead of time if there are any interuptions.

*Class times are subject to change