



	FRIDAY 31 JULY			SATURDAY 1 AUGUST			SUNDAY 2 AUGUST		
	SPORTS HALL RED ZONE	SPORTS HALL BLUE ZONE	DANCE STUDIO	SPORTS HALL RED ZONE	SPORTS HALL BLUE ZONE	DANCE STUDIO	SPORTS HALL RED ZONE	SPORTS HALL BLUE ZONE	DANCE STUDIO
08.00									
08.15									
08.30									
08.45									
09.00						TRX Roy / Pat			
09.15				Rebound Jo					
09.30	Body Pump Jo								
09.45									
10.00					Circuits Roy	RPM Helen		Body Pump Delray	
10.15									
10.30		Body Balance Ravs	RPM Jo						
10.45				Body Pump Helen					
11.00									RPM Delray
11.15							Fitness Fusion Chris		
11.30									
11.45									
12.00									

CALORIE BURN
SPECIALITY
DANCE
STRENGTH & TONE
RELAXATION