



## GROUP EXERCISE TIMETABLE - COMMENCING 5 AUGUST

FRIDAY			SATURDAY			SUNDAY		
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
8.00								
8.15								
8.30								
8.45								
9.00					TRX Roy / Pat			
9.15			Rebound Jo					
9.30	Body Pump Jo							
9.45							Body Pump Delray	
10.00				Circuits Roy	RPM Helen			
10.15								
10.30		Body Balance Ravs	RPM Jo					RPM Delray
10.45			Body Pump Helen					
11.00						Fitness Fusion Chris		
11.15								
11.30								
11.45								
12.00								

CALORIE BURN
SPECIALITY
DANCE
STRENGTH & TONE
RELAXATION