



	8.00AM	9.05AM	10.00AM	5.00PM	6.15PM	7.15PM	8.15PM
MONDAY		ABS & TONE JUSTIN			AEROBIC ANG	STEP CORE ANG	HIP HOP MICKEY
TUESDAY		HIIT JUSTIN			MIX PUMP SEAN	YOGA ANNIE	AERODANCE MICKEY
WEDNESDAY	YOGA ANNIE	<i>Konga</i> BOWIE			<i>Konga</i> BOWIE	MIXED DANCE BOWIE	
THURSDAY		<b>NEW!</b>  ZUMBA AMY			 ZUMBA AMY	<b>LES MILLS</b> <b>BODYSTEP</b> ERIC	<b>LES MILLS</b> <b>BODYCOMBAT</b> ERIC
FRIDAY					<b>NEW!</b> MIX PUMP (30 MINS) SEAN		
	9.05AM	10.00AM	11.00AM	12.00PM	6.15PM	7.15PM	8.15PM
SATURDAY		<b>LES MILLS</b> <b>BODYPUMP</b> MARCUS	<b>LES MILLS</b> <b>BODYCOMBAT</b> MARCUS	HIIT MARCUS			
SUNDAY					<b>LES MILLS</b> <b>BODYPUMP</b> AVERSON	AERODANCE MICKEY	ABS & TONE AVERSON