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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Move Strong with Stephanie 7.30 - 8.15AM</p> <p> </p>	<p>Move Strong with Stephanie 7.30 - 8.15AM</p> <p> </p>	<p>HIIT with Nicholas 7 - 7.45AM</p> <p>  </p>	<p>PILATES with Ellie 8.30 - 9.15AM</p> <p> </p>		<p>AQUA with Jake/Sasha 8.15 - 8.45AM</p> <p> </p>	
<p>AQUA with Jake 9 - 9.45AM</p> <p> </p>	<p>YOGA with Victoria 8:30 - 9.15AM</p> <p></p>	<p>AQUA with Nicholas 8 - 8.45AM</p> <p> </p>	<p>ZUMBA with Jade 9.30 - 10.15AM</p> <p> </p>	<p>PILATES with Ellie 8.30 - 9.30AM</p> <p> </p>	<p>YOGA with Victoria 9.15 - 10AM</p> <p></p>	<p>YOGA with Victoria 11.30 - 12.15AM</p> <p></p>
<p>ZUMBA with Jade 6.30 - 7.15PM</p> <p> </p>	<p>LEGS, BUMS AND TUMS with Jorge 6.30 - 7.15PM</p> <p> </p>	<p>PILATES with Hilary 6 - 6.45PM</p> <p> </p>	<p>PUMP with Jake 5 - 5.30PM</p> <p>  </p>	<p>CIRCUITS with Jake 5.30 - 6.15PM</p> <p>  </p>		
		<p>SPIN with Jake 7 - 7.30PM</p> <p>  </p>				

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY