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TUESDAY 24TH DECEMBER OPENING HOURS 7AM - 8PM	WEDNESDAY 25TH DECEMBER CLOSED NO CLASSES	THURSDAY 26TH DECEMBER OPENING HOURS 8AM - 8PM	FRIDAY 27TH DECEMBER OPENING HOURS 7AM - 8PM	SATURDAY 28TH DECEMBER OPENING HOURS 7AM - 8PM	SUNDAY 29TH DECEMBER OPENING HOURS 7AM - 8PM	MONDAY 30TH DECEMBER OPENING HOURS 7AM - 8PM	TUESDAY 31ST DECEMBER OPENING HOURS 8AM - 8PM	WEDNESDAY 1ST JANUARY OPENING HOURS 8AM - 8PM
			YOGA with Pamela  8 - 8.55AM Studio 1	HIIT with Carl   8 - 9AM Studio 1		BODYPUMP with Gabrielle   8 - 9AM Studio 1		
HATHA YOGA with Kirsty  9 - 10AM Studio 1			PILATES with Anelia   9 - 10AM Studio 1	CORE CLINIC with Carl   9 - 10AM Studio 1		BODY BALANCE with Jennifer  9.30 - 10.30AM Studio 1		
PILATES with Natalia   10 - 11AM Studio 1			BARRE with Anelia   10 - 11AM Studio 1	PILATES with Natalia   10 - 11AM Studio 1		STRENGTH & BALANCE with Jon  10.30 - 11.30AM Studio 1	PILATES with Natalia   10 - 11AM Studio 1	PILATES with Pamela   10.40 - 11.25AM Studio 1
BODYPUMP with Gabrielle   11.15AM - 12.15PM Studio 1		ZUMBA® with Simona   11AM - 12PM Studio 1	HATHA YOGA with Edwina  11AM - 12PM Studio 1	HATHA YOGA with Tina  11.30AM - 12.30PM Studio 1	PILATES with Natalia   1 - 2PM Studio 1	HIIT with Gabrielle   11.45AM - 12.45PM Studio 1	BODYPUMP with Gabrielle   11.15AM - 12.15PM Studio 1	PILATES with Pamela   11.30AM - 12.15PM Studio 1
			AQUA with Mandy  11AM - 12PM Pool	BODYPUMP with Na'Young   12:45PM - 1:45PM Studio 1				
			INSANITY with Mandy    12 - 1PM Studio 1			BODYPUMP with Pamela   6:30 - 6.45PM Studio 1		YOGA with Ann  6 - 7PM Studio 1
		IYENGAR YOGA with Ann   6 - 7PM Studio 1	STRETCH with Anelia  5 - 6PM Studio 1			YOGA with Pamela  6.50 - 7.35PM Studio 1		

 MODERATE

  INTERMEDIATE

   HIGH INTENSITY