

June 2021 Class Schedule

	8.15am	9.30am	1.10 - 1.50pm	4.30pm (40 mins)	5.15pm (45 mins)
Mon 14	X Train DOUG		X Train LIB	Pilates NICOLA	X Train DOUG
Tue 15	Step & Pump DEBI	YogaFit DEBI	Step & Weights MEG		AfroStep CHENGE
Wed 16	Spin & Pump ZU & DEBI		X Train MEG		Zumba BERNARD
Thu 17	FUNctional Fitness DEBI		Interval Step ZU		Spin & Pump ZU & DOUG
Fri 18	YogaFit DEBI		  Doug's Funky Friday Mix 4.30pm - 5.30pm		
	8.15am				
Sat 19th	Strong Nation BERNARD				
	8.15am	9.30am	1.10 - 1.50pm	4.30pm (40 mins)	5.15pm (45 mins)
Mon 21	X Train DOUG		X Train LIB	Pilates NICOLA	X Train DOUG
Tue 22	Step & Pump DEBI	YogaFit DEBI	Step & Weights MEG		AfroStep CHENGE
Wed 23	Spin & Pump ZU & DEBI		X Train MEG		Zumba BERNARD
Thu 24	FUNctional Fitness DEBI		Interval Step ZU		Spin & Pump ZU & DOUG
Fri 25	YogaFit DEBI		  Doug's Funky Friday Mix 4.30pm - 5.30pm		
	8.15am				
Sat 26th	Spin & Pump LIB				
	8.15am	9.30am	1.10 - 1.50pm	4.30pm (40 mins)	5.15pm (45 mins)
Mon 28	X Train DOUG		X Train LIB	Pilates NICOLA	X Train DOUG
Tue 29	Step & Pump DEBI	YogaFit DEBI	Step & Weights MEG		AfroStep CHENGE
Wed 30	Spin & Core DEBI		X Train MEG		Zumba BERNARD
Thu 31	FUNctional Fitness DEBI		AfroStep CHENGE		Spin & Pump ZU & DOUG