



	6.30am	8.00am	9.15am	1.10 - 1.50pm	5.30pm (45 mins)
Mon 2	Super Circuit LIB	X Train DOUG		FUNctional Fitness DEBI	Summer Circuit ZU
Tue 3		FUNctional Fitness DEBI		X Train MEG	X Train DOUG
Wed 4	Step & Strength DEBI	Spin & Core DEBI	Fighting Fit PHIL	Summer Circu ZU	Strong Nation BERNARD
Thu 5		Step/WeightsFusion DEBI	Pilates Flow ALEX	AfroStep & Core CHENGETAYI	Spin & Pump ZU
Fri 6	FUNctional Fitness DEBI	YogaFit DEBI			
Sat 7		Strong Nation BERNARD			
	6.30am	8.00am	9.15am	1.10 - 1.50pm	5.30pm (45 mins)
Mon 9	Super Circuit LIB	X Train DOUG		FUNctional Fitness DEBI	Summer Circuit ZU
Tue 10		FUNctional Fitness DEBI	YogaFit DEBI	X Train MEG	X Train DOUG
Wed 11	Step & Strength DEBI	Spin & Core DEBI	Fighting Fit PHIL	Summer Circuit ZU & AJAY	Strong Nation BERNARD
Thu 12		Step/WeightsFusion DEBI	Pilates Flow ALEX	AfroStep & Core CHENGETAYI	Spin & Pump ZU
Fri 13	FUNctional Fitness DEBI	YogaFit DEBI			
Sat 14		Team Teach DEBI & TEAM		ZU, CHENGATAYI, CASSIA, PJ	
	6.30am	8.00am	9.15am	1.10 - 1.50pm	5.30pm (45 mins)
Mon 16	Super Circuit LIB	X Train DOUG		FUNctional Fitness DEBI	Summer Circuit ZU
Tue 17		FUNctional Fitness DEBI	YogaFit DEBI	X Train MEG	X Train DOUG
Wed 18	Step & Strength DEBI	Spin & Core DEBI	Fighting Fit PHIL	Summer Circuit ZU & SASHA	Strong Nation BERNARD
Thu 19		Step/WeightsFusion CHENGATAYI	Pilates Flow ALEX	AfroStep & Core CHENGETAYI	Spin & Pump ZU
Fri 20	FUNctional Fitness DEBI	YogaFit DEBI			
Sat 21	7am Aqua Junale! PHIL	AfroStep CHENGATAYI		New XTrain Class in the pool! 7.00 - 7.45am	
	6.30am	8.00am	9.15am	1.10 - 1.50pm	5.30pm (45 mins)
Mon 23	Super Circuit LIB	X Train DOUG		FUNctional Fitness DEBI	Summer Circuit ZU
Tue 24		FUNctional Fitness DEBI	YogaFit DEBI	X Train MEG	X Train DOUG
Wed 25	Step & Strength DEBI	Spin & Core DEBI	Fighting Fit PHIL	Summer Circuit ZU	Strong Nation BERNARD
Thu 26		Step/WeightsFusion DEBI	Pilates Flow ALEX	AfroStep & Core CHENGETAYI	Spin & Pump ZU
Fri 27	FUNctional Fitness DOUG	YogaFit TINASHE			
Sat 28		Spin & Pump LIB			
	6.30am	8.00am	9.15am	1.10 - 1.50pm	5.30pm (45 mins)
Mon 30	Super Circuit LIB	X Train DOUG		FUNctional Fitness DOUG	Summer Circuit ZU