



# January Class Schedule

**HAPPY  
NEW  
YEAR  
2022**

**New Year's Day Gym Closed**

	6.00am	8.15am		1.10pm (40 mins)		5.45pm
Mon 3	X Train DOUG	X Train DOUG		X Train LIB		X Train DOUG
Tue 4	MEGAPump MEG	Step & Core DEBI		Interval Step DOUG		Interval Step DOUG
Wed 5	Hustle Hour TAPS	Spin & Pump LIB		X Train TAFI		Zumba BOBO
Thu 6	Basic X Train LIB	FUNctional Fitness DEBI		Hustle 40! TAPS		Spin & Pump LIB
Fri 7	Spin & Pump MEG	YogaFit DEBI				
		8.15am				
Sat 8th		X Train TAF				
	6.00am	8.15am	9.30am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm
Mon 10	X Train DOUG	Basic Weights LUANN		X Train LIB		X Train DOUG
Tue 11	MEGAPump MEG	Step & Core DEBI	YogaFit LUANN	Interval Step DOUG		Interval Step DOUG
Wed 12	Hustle Hour TAPS	Zumba BOBO		X Train TAFI	MEGAPump MEG	Zumba BERNARD
Thu 13	Basic X Train LIB	FUNctional Fitness DEBI		Hustle 40! TAPS	<b>NEW!</b>	Spin & Pump ZU & TAF
Fri 14	Spin & Pump MEG	YogaFit DEBI	<b>NEW!</b>	5.30 - 6.30pm Week-End DecomPRESS (Strength & Stretch) TAPS		
		8.15am				
Sat 15th		X Train TAPS				
	6.00am	8.15am	9.30am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm
Mon 17	X Train DOUG	X Train DOUG		X Train LIB	Pilates NICOLA	X Train DOUG
Tue 18	MEGAPump MEG	Step & Core LUANN	YogaFit LUANN	Interval Step DOUG		Interval Step DOUG
Wed 19	Hustle Hour TAPS	Spin & Pump DEBI & TAF		X Train NICOLA	MEGAPump MEG	Zumba BERNARD
Thu 20	Basic X Train LIB	FUNctional Fitness DEBI		Hustle 40! TAPS		Spin & Pump ZU & TAF
Fri 21	Spin & Pump MEG	YogaFit DEBI		5.30 - 6.30pm Week-End DecomPRESS (Strength & Stretch) DOUG		
		8.15am				
Sat 22nd		Zumba BERNARD				
	6.00am	8.15am	9.30am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm
Mon 24	X Train TAF	Basic Weights LUANN		X Train LIB	Pilates NICOLA	X Train TAF
Tue 25	MEGAPump MEG	FUNctional Fitness DEBI	YogaFit LUANN	Interval Step TAPS		Interval Step TAPS
Wed 26	Hustle Hour TAPS	Zumba BOBO		X Train NICOLA	MEGAPump MEG	Zumba BERNARD
Thu 27	Basic X Train LIB	AfroStep CHENGE <b>NEW!</b>		Hustle 40! TAPS		Spin & Pump ZU & TAF
Fri 28	Spin & Pump MEG	YogaFit DEBI		5.30 - 6.30pm Week-End DecomPRESS (Strength & Stretch) TAF		
		8.15am				
Sat 29th		Outdoor X Train LIB				
	6.00am	8.15am	9.20am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm
Mon 31	X Train DOUG	X Train DOUG		X Train LIB	Pilates NICOLA	X Train DOUG