

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am	 * CARDIO & CORE Mikayla - court 3 (45) SPIN HIIT * <u>last class 8/12</u>  * Emma – Studio (30)  * (30) FITBALL * (30) Emma / Mikayla - MPR 5,6	 * Lisa – court 3 (45) <i>Total Tone</i> Mikayla – court 1 (45)	 * Liz – Studio (45) MUST BOOK (20)	 * Shannon - court 1 (45) Bodysculpt * Campbell – court 2 (45)	 * Shannon - court 1 (45) Low Impact High Intensity * Danielle -court 1 (45)	 * Shannon / Lisa – court 1 (45) SUPERSESSION 8:15am
9.15am						
10.00am						
10:15am		NIFTY 50'S Mikayla – court 1 (60)		NIFTY 50'S Campbell- court 2 (60)		
10.30am	 * Mikayla – gym (60)		 * Mikayla / Lisa– gym (60)		 * Lisa– gym (60)	
3.30pm	Teen Time * Lucy– Gym (90)	Teen Time * Campbell - Gym (90)	Teen Time * Mikayla– Gym (90)	Teen Time * Campbell– Gym (90)	Teen Time * Campbell– Gym (90)	
5.15pm	 * Liz – Studio (45) MUST BOOK (20)	FUNCTIONAL Training Campbell– MPR 5,6 (45)	 * BODY BURN Mikayla – MPR 5,6 (45)	 * CARDIO & CORE Campbell – MPR 5,6 (45)		
			AQUA	ALL AQUA LAST CLASS FRIDAY DECEMBER 12		
6.30am		CARDIO AQUA *  * Honoria – leisure pool MUST BOOK (18)		 * Lisa – leisure pool MUST BOOK (18)		
8.30am	CARDIO AQUA *  * Lisa – lap pool		DEEP WATER *  * Lisa – lap pool		DEEP WATER *  * Lisa – lap pool	
9:15am or 11:45am	GENTLE AQUA *  * Lisa – leisure pool MUST BOOK (18)		GENTLE AQUA *  * Lisa – leisure pool MUST BOOK (18)		GENTLE AQUA *  * Lisa – leisure pool MUST BOOK (18)	
6.30pm	CARDIO AQUA *  * Honoria - leisure pool MUST BOOK (18)			CARDIO AQUA *  * Honoria - leisure pool MUST BOOK (18)		