

1st-7th JAN

Time	Mon 1	Tue 2	Wed 3	Thur 4	Fri 5	Sat 6	Sun 7
6:10am							9—1pm
8:30am	C					RPM	
9:30am	L	RPM	Body Pump		RPM / Yoga	Body Pump	9:15 Bodypump
10.30am	O	Pilates					
11.30am	S	Active Adults	Active Adults	Active Adults			
6:30pm	E		Bodyvive 5:30pm Pump/RPM	Boxing			
7:30pm	D	7pm Bodypump		Yoga			

8th—14th JAN

Time	Mon 8	Tue 9	Wed 10	Thur 11	Fri 12	Sat 13	Sun 14
6:10am	RPM			RPM			
8:30am						RPM	9:15 Bodypump
9:30am	Bodypump	Yoga / RPM	BodyPump		RPM / Yoga	Bodypump	
10:30am		Pilates					
11:30am	Active Adults	Active Adults	Active Adults	Active Adults			
6:30pm	RPM		Bodyvive 5:30pm Body Pump/ RPM	Boxing			
7:30pm	Bodupump 7pm	Bodypump 7pm	Pilates	Yoga			

*Happy
New
Year*

