



Timetable

JULY

BOOKINGS REQUIRED FOR CYCLE

**PH: 9576 5559 STAFFED HOURS: MON-SUN 8:00AM-12:00 & MON-THU 4:00PM-8:00PM
OPEN EVERYDAY 5:30AM TO 10:30PM**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------------------------------|--------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|
| 6:00AM STRONGFIT TRACY | 6:00AM GROUP TRAIN GEMMA | 6:00AM RESULTS CAROLINE | 6:00AM TRI TRACY | 6:00AM BEACH BOD EVA | 8:00AM CYCLE KOKO/GEMMA | 9:00AM GROUP TRAIN VARIETY |
| | | | | | | 10:15AM YOGA BEGINNERS IZZY |
| 9:15AM BEACH BOD KOKO | 9:30AM ARMS & ABS KOKO | 9:15AM FIT FLOW RAMONA | 9:30AM BOOTI-BURN GEMMA | 9:15AM TRI KOKO | 9:00AM FIT FLOW RAMONA | |
| 10:30AM VIT CIRCUIT KOKO | 10:30AM VIT STRENGTH KOKO | 10:30AM VIT CIRCUIT RAMONA | 10:30AM VIT CIRCUIT RAMONA | 10:30AM VIT FIT-BALL RAMONA | | |
| | | | | | 1:00PM MAT PILATES CAROLINE | |
| 5:30PM BOOTI-BURN EVA | 6:00PM BEACH BOD EVA | 5:30PM BOOTI-CORE JESSIE | 5:45PM THT RAMONA | | | |
| 6:30PM CARDIO-PILATES BROOKE | 6:30PM CYCLE/BOX KOKO | 6:30PM ARMS & ABS RAMONA | | | | |
| 7:30PM MAT PILATES CAROLINE | 7:00pm YOGA MEITAL | | 6:45pm YOGA MEITAL | | | |