

class timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06.30	06.45 - Synergise Outdoor (Chris)		06.45 - Synergise Outdoor (Chris)	06.45 - Spin (Tanner)		
09.00	09.15 - Spin (Chris)	09.15 - Synergise Outdoor (Tanner)	09.15 - Body Tone (Laura)	09.15 - Body Blitz (Laura)	09.15 - Spin (Tanner)	09.15 - Body Blitz (Molly)
10.15		10.00 - Yoga (Carley)	10.30 - Pilates (Dawn)		09.30 - Yoga (Carley)	10.30 - Spin (Chris)
11.30				11.30 - Stretch and tone (Laura)	11.00 - Pilates (Sharon)	
16.30			16.30 - Yoga (Amber)			
17.45	17.45 - Body Tone (Laura)	17.45 - Body Blitz (Molly)	17.45 - Spin (Tanner)	18.00 - Synergise Outdoor (Molly)	17.45 - Body Tone (Laura)	
19.00	19.00 - Spin (Ross)		18.45 - Abs Blast (Tanner)	19.00 - Spin (Chris)		

