




MON	TUE	WED	THUR	FRI	SAT	SUN
	6:30-7:30am <b>BIKE</b> Clair					
9:30 - 10:30am <b>Wynn Tabata</b> Clair	9:30-10:30am <b>BIKE</b> Nick	9:30-10:00am <b>Cardio Camp</b> (30 mins)	9:00 - 9:10am <b>BIKE SET UP</b> 9:10 - 10:00am <b>BIKE</b> Clair	9:30 -10:30am <b>Core</b> <b>Combinations</b> Salvius	9:00-9:55am <b>BIKE</b> Mare	9:30-10:30am <b>BIKE</b> Ursula
10:30 -11:30am <b>Yoga</b> Mr Yoga: Daniel		10:00 - 10:25am <b>25 Min</b> <b>Body Blast</b> Ann	10:00 - 10:25am <b>25 Min Abs</b> Clair		10:00 - 10:55am <b>Wynndurance</b> Mare	10:30-11:30am <b>Yoga</b> Gailanne/Ursula
					11:00-12:00pm <b>Power Pilates</b> <b>Xtreme</b> Pino	
EVENING CLASSES						
	5:30-6:30pm <b>Boot Camp</b> <b>Xtreme</b> Pino	5:30-6:30pm  Graziella	5:30-6:30pm <b>Yoga Fusion</b> David			
6:00-7:00pm <b>BIKE</b> Cris	6:30-6:55pm <b>25 Min Abs</b> Yvonne	6:00 - 7:00pm <b>BIKE</b> Andra	6:30-6:55pm <b>25 Min Abs</b> Yvonne			
6:30 - 7:30pm  Farida	7:00-8:00pm <b>Body Blast</b> Yvonne	6:30 - 7:30pm  Sandra	7:00 - 8:00pm <b>Cardio Kickbox</b> Yvonne	6:30 - 7:30pm  <i>Are you ready to sweat?</i> Ayanna		
7:30 - 8:30pm  Farida	8:00 - 9:00pm <b>Yoga</b> David	7:30-8:30pm  Sandra	8:00 - 9:00pm <b>Pilates</b> Yvonne	<b>We want to hear from you!!!</b> Have a comment or suggestion?? Just leave Pino a message at front reception  Pino Rizzi - Group Exercise Director		