

TERM 3 FITNESS CLASS SCHEDULE - SPORTS PARK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE 7:00AM-7:45AM STUDIO 1 TRACEY	WOD 7:00AM-7:30AM GYM LEAH	WOD 7:00AM-7:30AM GYM LEAH	KETTLEBELLS 7:00AM-7:45PM STUDIO 1 TRACEY	RIDE 7:00AM-7:45AM STUDIO 1 TRACEY	BODY PUMP 9:00AM-10:00AM STUDIO 1 SOL	BOOTCAMP 9:00AM-10:00AM COVERED COURTS TRACEY
BODY PUMP 12:15PM-1:00PM STUDIO 1 SALLY	LEGS, BUMS AND TUMS 7:30AM-8:15AM STUDIO 1 ANNA J	RIDE 12:30PM-1:15PM STUDIO 1 KATIE	WOD 12:15PM-12:45PM GYM TRACEY	YOGA 1:15PM-2:15PM STUDIO 1 TARA	YOGA 4:15PM-5:15PM STUDIO 1 TARA	SCULPT 3:00PM-4:00PM STUDIO 1 TRACEY
PILATES 1:15PM-2:00PM STUDIO 1 SALLY	BODY PUMP 12:00PM-1:00PM STUDIO 1 SALLY	YOGA 1:30PM-2:30PM STUDIO 1 SONIA	HITT 1:00PM-1:45PM STUDIO 1 SARAH S	BODY PUMP 5:15PM-6:00PM STUDIO 1 SOL		YOGA 5:30PM-6:30PM STUDIO 1 SONIA
RIDE 5:15PM-6:00PM STUDIO 1 TRACEY	PILATES 1:15PM-2:00PM STUDIO 1 SALLY	DANCE INSPIRE 5:00PM-6:00PM STUDIO 1 JANICA	RIDE 5:00PM-5:45PM STUDIO 1 JIM	PILATES 6:15PM-7:00PM STUDIO 1 MARK		
BODY COMBAT 6:15PM-7:15PM STUDIO 1 MARK	YOGA 5:00PM-6:00PM STUDIO 1 TARA	WOD 5:30PM-6:00PM GYM HOLLY	BODY PUMP 6:00PM-6:45PM STUDIO 1 SALLY			
BODY BALANCE 7:30PM-8:30PM STUDIO 1 SARAH H	RIDE 6:15PM-7:00PM STUDIO 1 JIM	BODY PUMP 6:15PM-7:00PM STUDIO 1 SALLY	PILATES 7:00PM-8:00PM STUDIO 1 SALLY			
	BOXERCISE 7:15PM-8:00PM STUDIO 1 SARAH S	BODY BALANCE 7:15PM-8:00PM STUDIO 1 SALLY				