

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ELLERSLIE							
AM	6:00AM MY45 Anthony - 45 - Group Ex 9:30AM YOGA Renee - 60 - Group Ex 10:30AM GOLDFIT Annie - 60 - Group Ex	6:00AM MYRIDE Greg - 45 - Group Ex 9:00AM MUSCLE SCULPT Karen - 50 - Group Ex 10:00AM ZUMBA GOLD Sonia - 60 - Group Ex	6:00AM MY45 Tane - 45 - Group Ex 9:30AM ACTIVATE Ingrid - 60 - Group Ex 10:45AM PILATES Ingrid - 60 - Group Ex	6:00AM MYRIDE Rocky - 45 - Group Ex 9:30AM ZUMBA Sonia - 45 - Group Ex 10:30AM GOLDFIT Annie - 60 - Group Ex	9:00AM MUSCLE SCULPT Emma - 50 - Group Ex 10:00AM YOGALATES Claudia - 60 - Group Ex	8:00AM MUSCLEMAX Caty - 60 - Group Ex 9:30AM YOGA Olga - 60 - Group Ex	8:00AM MY45 Anthony - 45 - Group Ex 9:00AM PILATES Caty - 60 - Group Ex
PM	12:00PM TAI CHI Ruby - 60 - Group Ex 6:00PM MUSCLEMAX Caty - 60 - Group Ex 7:00PM ZUMBA Olga - 60 - Group Ex	6:00PM MY45 Anthony - 45 - Group Ex 7:00PM YOGA Mans - 60 - Group Ex	6:00PM SPIN Sarah - 50 - Group Ex 7:00PM ZUMBA Olga - 60 - Group Ex	6:00PM MUSCLE SCUPT Jacqui - 50 - Group Ex 7:00PM PILATES Ingrid - 45 - Group Ex	12:00PM TAI CHI (Ruby - 60 - Group Ex)		
LAGOON POOL							
AM	6:00AM BURN 30 Bronson - 30 - Upstairs [6:00AM - 7:30AM] WORKOUT OF THE DAY DROP-IN Bronson - Gym Floor	6:00AM KICK BOX'n BURN Richard - 60 - Upstairs 10:00AM AQUA ENERGY Ben - 60 - Pool 11:00AM JUMPSTART John - 30 - Upstairs	6:00AM SPIN Sarah - 45 - Group Ex [6:00AM - 7:30AM] WORKOUT OF THE DAY DROP-IN Richard - Gym Floor	6:00AM KICK BOX'n BURN Richard - 60 - Upstairs	6:00AM SPIN Greg - 45 - Spin Studio 10:00AM AQUA ENERGY Ben - 60 - Pool	8:30AM SPIN Frances - 60 - Spin Studio 9:30AM BURN 30 Bronson - 30 - Upstairs	[8:00AM - 9:30AM] JUMPSTART DROP-IN Obed - Gym Floor 9:30AM JUMPSTART Obed - 30 - Upstairs
PM	[6:00PM - 7:30PM] WORKOUT OF THE DAY DROP-IN Bronson - Gym Floor 6:00PM SPIN Rocky - 60 - Spin Studio	5:30PM BURN 30 Greg - 30 - Upstairs 6:00PM BURN 30 Greg - 30 - Upstairs 6:30PM PILATES Olga - 45 - Stadium	6:00PM BURN 30 Greg - 30 - Upstairs 6:30PM BURN 30 Greg - 30 - Upstairs	6:00PM BURN 30 Jordan - 30 - Upstairs	[6:00PM - 7:00PM] WORKOUT OF THE DAY DROP-IN Bronson - Gym Floor		5:30PM BURN 30 Greg - 30 - Upstairs

BOOKING IS ESSENTIAL.

[Click here to book for ELLERSLIE](#)

[Click here to book for LAGOON](#)

Limited spots available for classes, Please bring a water bottle and sweat towel, Equipment provided if necessary