






Derriment 24:7 Gym

COOLAROO

CLASSES IN
MAIN ROOM
ARE LADIES
ONLY

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM							
9:00 AM						 KYLIE	
9:30 AM		PILATES ZENA	LES MILLS BODYPUMP NESS	HIIT STRENGTH JO	ABT ABS BUTT THIGHS HARRIET		
10:00 AM							 GEE
10:15 AM						LES MILLS BODYPUMP HARRIET	
10:30 AM							
11:00 AM							CORE / PILATES ALT
4:30 PM							
5:00 PM							
5:30 PM	CYCLE HARRIET	LES MILLS BODYPUMP HAYLEE	meta PWR HARRIET	CORE STRENGTH EMINE			
6:00 PM					STRENGTH & CONDITIONING HAYLEE		
6:30 PM	LES MILLS BODYPUMP HARRIET	TONE & SCULPT HAYLEE	ABT ABS BUTT THIGHS HARRIET	FAT BURNER EMINE			
7:00 PM					 MARIANNE		
7:30 PM	 KIM		 MARIANNE	PILATES EMINE			
7:45 PM							

*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.

SCAN CODE TO VIEW CLASS DESCRIPTIONS

