

Derrimut 24:7 Gym

DERRIMUT

# GROUP FITNESS TIMETABLE

MAIN ROOM

| TIME     | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 | SUNDAY |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------|
| 8:30 AM  | YOGA<br>45 MIN - JENIFER |                          |                          | YOGA<br>45 MIN - JENIFER |                          |                          |        |
| 9:00 AM  |                          | ZUMBA<br>1 HR - JO       | YOGA<br>45 MIN - JENIFER |                          |                          |                          |        |
| 9:30 AM  |                          |                          |                          |                          | ZUMBA<br>1 HR - JO       | YOGA<br>45 MIN - JENIFER |        |
| 10:00 AM |                          | YOGA<br>45 MIN - JENIFER |                          | ZUMBA<br>1 HR - FLORENCE |                          |                          |        |
| 10:15 AM |                          |                          |                          |                          |                          |                          |        |
| 10:30 AM |                          |                          |                          |                          | YOGA<br>45 MIN - JENIFER |                          |        |
| 11:00 AM |                          |                          |                          |                          |                          |                          |        |
| 4:30 PM  |                          |                          |                          |                          |                          |                          |        |
| 5:00 PM  |                          |                          |                          |                          |                          |                          |        |
| 5:30 PM  |                          |                          |                          |                          |                          |                          |        |
| 6:00 PM  |                          |                          |                          |                          |                          |                          |        |
| 6:30 PM  |                          |                          |                          |                          |                          |                          |        |
| 7:00 PM  |                          |                          |                          |                          |                          |                          |        |
| 7:30 PM  | ZUMBA<br>1 HR - NINA     | ZUMBA<br>1 HR - TAMARA   | ZUMBA<br>1 HR - CINDY    |                          | ZUMBA<br>1 HR - KYLIE    |                          |        |
| 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

