

Derriant 24:7 Gym

OAKLEIGH

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
6:30 AM							
7:00 AM					YOGA MELANIE		
7:30 AM							
8:30 AM							
9:00 AM							YOGA MELANIE
9:30 AM							
10:00 AM						ZUMBA JENNIFER	
10:30 AM							
11:00 AM							
11:30 AM							

5:00 PM							
5:30 PM							
6:00 PM	ZUMBA JENNIFER	ZUMBA NIDIA					
6:30 PM							
7:00 PM				ZUMBA JENNIFER			
7:30 PM	YOGA MELANIE		YOGA MELANIE				

*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 ▶

