

GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
9:00am	Revitalise with Nancy Move for life	Bums, tums & Legs	Revitalise with Nancy	Revitalise with Nancy	Revitalise with Tanya	
9:30am			Zumba Gold	HIIT	Stretch & Flex	
10.00am				Zumba		
10.30am		Strong	Zumba Gold		Zumba Step	<u>Pilates</u>  Group Ride
11:00am				Pilates		
12:00pm			 Group Ride			
5:30pm			Bootcamp		Animal moves	
6:00pm	 Group Ride					
6:30pm		 Group Blast		Zumba Step		