



# FITNESS TIMETABLE



DAY	TIME	AREA	ACTIVITY
MON	18:15 - 19:15	SMALL HALL	Zumba with Donna
	19:00 - 20:00	DRAMA	Pilates with Kate
	18:30 - 19:30	MIDDLE	PIYO with Steph
	19:30 - 20:30	SPIN STUDIO	Vibe Cycle with Steph
TUE	18:00 - 19:00	DANCE STUDIO	Stomp FX with Steph
	18:00 - 20:00	FIELD	Xtreme Bootcamp
	18:30 - 19:30	LARGE HALL	Boogie Bounce
	19:00 - 20:00	DANCE STUDIO	Power with Steph
	19:15 - 19:45	GYM	Metafit with Donna
	19:45 - 20:15	GYM	PIYO with Donna
WED	18:30 - 19:15	SPIN STUDIO	TDMS Development - Spin
	19:25 - 20:10	SPIN STUDIO	Vibe Cycle with Steph
THURS	18:30 - 19:30	FIELD	Xtreme Bootcamp
	18:30 - 19:30	DRAMA	Pilates with Donna
	18:30 - 19:15	LARGE HALL	Pump FX with Jodie
	19:00 - 20:00	SPIN STUDIO	Vibe Cycle with Steph
	19:30 - 20:30	LARGE HALL	Boogie Bounce
	19:30 - 20:30	DANCE STUDIO	Zumba with Donna



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DAY	TIME	AREA	ACTIVITY
FRI	18:00 - 18:45	LARGE HALL	Boogie Bounce
	18:30 - 19:30	SPIN STUDIO	Vibe Cycle with Steph
SAT	10:30 - 11:30	LARGE HALL	Boogie Bounce
	11:00 - 12:00	FIELD	Xtreme Bootcamp