

13 October to 18 October Group Exercise Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630 - 0730	HIIT - Judy	Power Cycle - Judy		Power Cycle - Judy	HIIT - Judy	
0700-0800						
0745-0915	* GRT Strength & Conditioning	* GRT Strength & Conditioning		* GRT Strength & Conditioning	* GRT Strength & Conditioning	
0900-1000		Cardio Streghth - Karen		Cardio Strength - Karen		
1000-1100	Body Conditioning- Sandra	Pilates - Karen		Core & Glutes - Karen		
1100 - 1200	Yoga Stretch - Sandra				Yoga Flow - Sandra	
1130-1215		Deep Stretch - Kate		Cardio Dance - Kate		
1130-1230			Power Cycle - Sandra			
1215-1315		HIIT - Kate		Pilates - Kate		
1245-1315						
1530-1630	Yoga/Breath - Rob		Vinyasa Yoga - Jessica			
1630-1730	Pranayama/ Breathwork - Rob		Power Yoga - Jessica	Pop Dance Fitness - Jena		