

# JAN CLASS SCHEDULE

Mon	1	New Year's Day - Gym Closed						
	6.30am	7.45am	9.00am	12.30pm (30 mins)	Gym closed from 1.00pm			
Tue	2	Fit4Life DEBI	8.15am YogaFit LUANN	Spin & Pump LIB				
Wed	3	Jungle Lane AUSTIN	8.15am Spin & Pump LIB	XTrain PHIL				
Thu	4	Spinning VAL	8.15am Fit4Life DEBI	Basic Weights ELEANOR				
Fri	5	Fighting Fit PHIL	8.15am Weights Fusion LUANN					
Saturday 6th		8.00am Spinning NATHALIE	9.15am YogaFit DEBI					
	6.30am	7.45am	9.00am	12.30pm (30 mins)	4.20pm	5.30pm		
Mon	8	Spin & Pump AUSTIN	8.15am Step /Weights Fusion DEBI	ZUMBA BERNARD	Basic Step & Sculpt ELEANOR	Spin & Pump LIB		
Tue	9	Fit4Life DEBI	Spin & Core AUSTIN	YogaFit DEBI	Step & Core DEBI	Fit4Life DEBI		
Wed	10	Jungle Lane AUSTIN	8.15am Spin & Pump NATHALIE	XTrain PHIL	Basic Weights DEBI			
Thu	11	Spinning VAL	Fit4Life DEBI	Basic Weights DEBI	Basic Weights ELEANOR	MegaPump Prep MEG		
Fri	12	Fighting Fit PHIL	8.15am MegaPump MEG	ZUMBA BERNARD		Zen for Men DEBI		
Saturday 13th		8.00am Spinning AUSTIN	9.15am YogaFit DEBI					
	6.30am	7.45am	9.00am	12.30pm (30 mins)	4.20pm	5.30pm		
Mon	15	Spin & Pump NATHALIE	8.15am Step /Weights Fusion DEBI	ZUMBA BERNARD	Basic Step & Sculpt ELEANOR	Spin & Pump LIB		
Tue	16	Fit4Life DEBI	Spin & Core LUANN	YogaFit LUANN	Spin & Pump LIB	Fit4Life MEG		
Wed	17	Jungle Lane PHIL	8.15am Spin & Pump NATHALIE	XTrain PHIL	Basic Weights LUANN			
Thu	18	Spinning VAL	Fit4Life DEBI	Basic Weights LUANN	Basic Weights SARAH	MegaPump Prep MEG		
Fri	19	Fighting Fit PHIL	8.15am Weights & Core LUANN	ZUMBA BERNARD		Zen for Men DEBI		
Saturday 20th		8.00am Spinning VAL	9.15am YogaFit LUANN					
	6.30am	7.45am	9.00am	12.30pm (30 mins)	4.20pm	5.30pm		
Mon	22	Spin & Pump AUSTIN	8.15am Step /Weights Fusion DEBI	ZUMBA BERNARD	Basic Step & Sculpt ELEANOR	Spin & Pump LIB		
Tue	23	Fit4Life DEBI	Spin & Core AUSTIN	YogaFit LUANN	Step & Core DEBI	Fit4Life DEBI		
Wed	24	Jungle Lane AUSTIN	8.15am Spin & Pump NATHALIE	XTrain PHIL	Basic Weights LUANN			
Thu	25	Spinning VAL	Power Pilates SEB	Basic Weights LUANN	Basic Weights ELEANOR	MegaPump # 4! MEG		
Fri	26	Fighting Fit PHIL	8.15am Weights & Core LUANN	ZUMBA BERNARD		Zen for Men LUANN		
Saturday 27th		8.00am Spinning VAL	9.15am YogaFit LUANN					
	6.30am	7.45am	9.00am	12.30pm (30 mins)	4.20pm	5.30pm		
Mon	29	Spin & Pump NATHALIE	8.15am Step /Weights Fusion JENNA	ZUMBA BERNARD	Basic Step & Sculpt ELEANOR	Spin & Pump LIB		
Tue	30	Fit4Life KUDZI	Spin & Core LUANN	YogaFit LUANN	Spin & Pump LIB	Fit4Life SEB		
Wed	31	Jungle Lane PHIL	8.15am Spin & Pump NATHALIE	XTrain PHIL	Basic Weights LUANN			