

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ELLERSLIE</b>							
<b>AM</b>	<b>6:00AM – SPIN</b> <i>(Greg – 45mins)</i>  <b>9:15AM – YOGA</b> <i>(Renee – 60mins)</i>  <b>10:30AM – GOLDFIT</b> <i>(Michaela – 60mins)</i>	<b>6:00AM – BURN 45</b> <i>(Bronson – 45mins)</i>  <b>9:00AM – MUSCLE SCULPT</b> <i>(Karen – 50mins)</i>  <b>10:10AM – ZUMBA GOLD</b> <i>(Sonia – 50mins)</i>	<b>5:45AM – VIRTUAL SPIN</b> <i>(n/a – 60mins)</i>  <b>9:30AM – ACTIVE SENIORS</b> <i>(Ingrid – 60mins)</i>  <b>10:45 – REHAB PILATES</b> <i>(Ingrid – 60mins)</i>	<b>6:00AM – BURN 45</b> <i>(Frederik – 45mins)</i>  <b>9:30AM – ZUMBA</b> <i>(Sonia – 50mins)</i>  <b>10:30AM – GOLDFIT</b> <i>(Michaela – 60mins)</i>	<b>6:00AM – BURN 45</b> <i>(Frederik – 45mins)</i>  <b>9:30AM – MUSCLE SCULPT</b> <i>(Emma – 60mins)</i>	<b>8:00AM – BURN 45</b> <i>(Caty – 45mins)</i>  <b>9:30AM – YOGA</b> <i>(Olga – 60mins)</i>	<b>8:15AM – BURN 45</b> <i>(Frederik – 45mins)</i>  <b>9:10AM – PILATES</b> <i>(Caty – 50mins)</i>  <b>11:00AM – YOGA</b> <i>(Renee – 60mins)</i>
<b>PM</b>	<b>12:00PM – TAI CHI</b> <i>(Instructor – 60mins)</i>  <b>6:00PM – BURN 45</b> <i>(Caty – 45mins)</i>  <b>7:00PM – ZUMBA</b> <i>(Olga – 60mins)</i>	<b>6:00PM – BURN 45</b> <i>(Emily – 45mins)</i>  <b>7:00PM – YOGA</b> <i>(Mans – 60mins)</i>	<b>6:00PM – SPIN</b> <i>(Sarah – 45mins)</i>  <b>6:15PM – BURN 45</b> <i>(Anthony – 45mins)</i>	<b>6:00PM – MUSCLE SCULPT</b> <i>(Jacqui – 50mins)</i>  <b>7:00PM – PILATES</b> <i>(Ingrid – 50mins)</i>	<b>12:00PM – TAI CHI</b> <i>(Instructor – 60mins)</i>  <b>6:00PM – BURN 45</b> <i>(Anthony – 45mins)</i>		
<b>LAGOON POOL</b>							
<b>AM</b>	<b>5:45AM – AB BLAST</b> <i>(Bronson – 15mins)</i>  <b>6:00AM – BURN 30</b> <i>(Bronson – 30mins)</i>  <b>9:30AM – BEGINNER STRENGTH</b> <i>(Bronson – 30mins)</i>	<b>6:00AM – BOX n BURN</b> <i>(Richard – 50mins)</i>  <b>10:00AM – AQUA ENERGY</b> <i>(Ben – 60mins)</i>	<b>6:00AM – SPIN</b> <i>(Sarah – 45mins)</i>  <b>7:00AM – BEGINNER STRENGTH</b> <i>(Richard – 30mins)</i>  <b>9:00AM – YOGA</b> <i>(Renee – 60mins)</i>  <b>9:30AM – BURN 30</b> <i>(Richard – 30mins)</i>	<b>6:00AM – BOX n BURN</b> <i>(Richard – 60mins)</i>  <b>9:30AM – BURN 30</b> <i>(Bronson – 30mins)</i>	<b>6:00AM – SPIN</b> <i>(Greg – 45mins)</i>  <b>6:30AM – BEGINNER STRENGTH</b> <i>(Bronson – 30mins)</i>  <b>9:00AM – YOGA</b> <i>(Renee – 60mins)</i>  <b>10:00AM – AQUA ENERGY</b> <i>(Ben – 60mins)</i>	<b>8:30AM – SPIN</b> <i>(Frances – 30mins)</i>	<b>8:30AM – BEGINNER STRENGTH</b> <i>(Ema – 30mins)</i>  <b>10:30AM – PARENTS &amp; KIDS</b> <i>(Ema – 60mins)</i>
<b>PM</b>	<b>6:30PM – YOGA</b> <i>(Renee – 60mins)</i>  <b>7:30PM – BURN 30</b> <i>(Bronson – 30mins)</i>	<b>5:30PM – BURN 30</b> <i>(Greg – 30mins)</i>  <b>6:00PM – BURN 30</b> <i>(Greg – 30mins)</i>  <b>6:00PM – SPIN</b> <i>(Sarah – 45mins)</i>  <b>7:00PM – PILATES</b> <i>(Olga – 60mins)</i>	<b>6:30PM – BURN 30</b> <i>(Greg – 30mins)</i>  <b>7:00PM – ZUMBA</b> <i>(Olga – 60mins)</i>	<b>6:30PM – BURN 30</b> <i>(Ema – 30mins)</i>  <b>7:45PM – AQUA ZUMBA</b> <i>(Linda – 60mins)</i> <i>(Starts 21<sup>st</sup> January)</i>	<b>5:30PM – BOX n BURN</b> <i>(Obad – 60mins)</i>	<b>4:00PM – BURN 30</b> <i>(Anthony – 30mins)</i>	<b>5:30PM – BURN 30</b> <i>(Greg – 30mins)</i>