





## GROUP FITNESS STUDIO 2 TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am			<b>Power Yoga</b> SARA		<b>YourBarre</b> Total Body AMANDA		
8.00am						<b>YourBarre</b> Booty Blitz ZOE	
12.15pm		4.00pm-5.30pm Private Session		4.00pm-5.30pm Private Session	<b>YourBarre</b> Total Body ZOE		
4.45pm	<b>YourBarre</b> Total Body MEGAN		<b>YourBarre</b> Total Body MEGAN				
5.45pm		<b>Power Yoga</b> TINA	<b>YourBarre</b> Booty Blitz ZOE	<b>Pole Fit</b> SANDRA	<b>Power Yoga</b> TINA		

## GROUP TRAINING ZONE (GTZ)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	<b>Electricia</b> ZOE	<b>Hydra</b> CRAWF		<b>Hydra</b> CHRIS	<b>Furnace</b> ZOE	9.00am <b>Furnace</b> ZOE	
12.15pm		<b>Furnace</b> ZOE					
4.00pm	<b>4.45pm Aerial Yoga</b> MERI	4.00pm-6.00pm Private Session		4.00pm-6.00pm Private Session			
5.00pm			<b>Hydra</b> CHRIS		5.15pm <b>Aerial Yoga</b> MERI		
6.00pm	<b>Electricia</b> GRACYN	<b>Hydra</b> ZOE		<b>Hydra</b> CHRIS			