





your fitness

Group Training Zone (GTZ)

Mon	Tue	Wed	Thu	Fri
6.00AM electrica Zoe	6.00AM hydra Crawf		6.00AM hydra Chris	6.00AM furnace Zoe

12.15PM furnace45 Zoe

	4.30PM-6PM Private Session 	5.00PM hydra Chris	4.30PM-6PM Private Session 	5.15PM aerial yoga Meri
6.00PM electrica Gracyn	6.00PM hydra Zoe		6.00PM hydra Chris	

Sat

9.00AM

furnace

Zoe