


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CORESTEP (9.30-10.30)	CIRCUITS (9.30-10.30)	SKB (9.30-10.30)	PUMPFx (9.30-10.30)	FITNESS PILATES (9.30-10.30)	MB BOOTCAMP (9.30-11.00)
Jenny	Caroline	Sarah	Jenny	Jenny	Paul
PUMPFx (18.00-19.00)	BODY CONDITIONING (18.00-19.00)	BODY CONDITIONING (18.30-19.30)	KETTLEBELL CONDITIONING (18.00-19.00)	CIRCUIT TRAINING (18.00-19.00)	CLASS TIMETABLE 
Sarah	Jenny	Jenny	Paul	Paul	
BEGINNER'S BODY CONDITIONING (19.00-20.00)	BOXERCISE (19.00-20.00)		KARATE (19.00-20.00)	CORESTEP (19.00-20.00)	
Dawn	Ollie		Paul	Jenny	

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