



April 2019 Class Schedule

| | 6:00am | 6:00am (45 mins) | 8:00am | 9:15am | 1:10pm (40 mins) | 4:45pm (45 mins) | 5:45pm (45 mins) | 5:45pm |
|----------|---|--|---|----------------------|-------------------------|-----------------------|--------------------|-----------------------|
| Mon 1 | Zumba BERNARD | | Basic Weights LUANN | | MegaMix MEG | #Pump 39 MEG | | #Pump 39 MEG |
| Tue 2 | Functional Fitness DOUG | | Step/Zumba Fusion EMMANUEL | Power Pilates SEB | Zumba EMMANUEL | Step & Weights MEG | | MegaMix MEG |
| Wed 3 | #Pump 38 MEG | | Functional Fitness DEBI | | XTrain CALVIN | BodyStrong CALVIN | | X-Train KUDZI |
| Thu 4 | XTrain LTP | | Step/Pump Fusion MEG | | Step & Core EMMANUEL | Zumba EMMANUEL | ***Swimming MEG | Zumba EMMANUEL |
| Fri 5 | Friday Fusion MEG | | Yoga CARMEN | | | | | Fighting Fit KUDZI |
| Sat 6th | | 8:30am (60 mins) Outdoor X-train TENDAI | | | | | | |
| | 6:00am | 6:00am (45 mins) | 8:00am | 9:15am | 1:10pm (40 mins) | 4:45pm (45 mins) | 5:45pm (45 mins) | 5:45pm |
| Mon 8 | Zumba BERNARD | | Basic Weights LUANN | | MegaMix MEG | #Pump 38 MEG | | #Pump 38 MEG |
| Tue 9 | Functional Fitness DOUG | | Step/Zumba Fusion EMMANUEL | Power Pilates SEB | Zumba EMMANUEL | Step & Weights MEG | | MegaMix MEG |
| Wed 10 | #Pump 38 MEG | | Functional Fitness DEBI | | XTrain CALVIN | BodyStrong CALVIN | | X-Train KUDZI |
| Thu 11 | XTrain LTP | | Step/Pump Fusion MEG | | Step & Core EMMANUEL | Zumba EMMANUEL | ***Swimming MEG | Zumba EMMANUEL |
| Fri 12 | Friday Fusion MEG | | Yoga CARMEN | | | | | Fighting Fit KUDZI |
| Sat 13th | | 8:30am - 9:30am Zumba EMMANUEL | | | | | | |
| | 6:00am | 6:00am (45 mins) | 8:00am | 9:15am | 1:10pm (40 mins) | 4:45pm (45 mins) | 5:45pm (45 mins) | 5:45pm |
| Mon 15 | Zumba BERNARD | | Basic Weights LUANN | | MegaMix MEG | #Pump 38 MEG | | #Pump 38 MEG |
| Tue 16 | Functional Fitness DOUG | | Step/Zumba Fusion EMMANUEL | Power Pilates SEB | Zumba EMMANUEL | Step & Weights MEG | | MegaMix MEG |
| Wed 17 | #Pump 38 MEG | | Functional Fitness DEBI | | XTrain CALVIN | BodyStrong CALVIN | | X-Train KUDZI |
| Thu 18 | | | Step/Pump Fusion MEG | | | | | |
| Fri 19 | EASTER FRIDAY - GYM CLOSED | | | | | | | |
| Sat 20th | EASTER SATURDAY - GYM OPEN 8AM TO 10AM | | | | | | | |
| | 6:00am | 6:00am (45 mins) | 8:00am | 9:15am | 1:10pm (40 mins) | 4:45pm (45 mins) | 5:45pm (45 mins) | 5:45pm |
| Mon 22 | EASTER MONDAY - GYM OPEN 8AM TO 10AM | | | | | | | |
| Tue 23 | Functional Fitness DOUG | | Step/Zumba Fusion EMMANUEL | Power Pilates SEB | Zumba EMMANUEL | Step & Weights MEG | | MegaMix MEG |
| Wed 24 | #Pump 38 MEG | | Functional Fitness DEBI | | XTrain CALVIN | BodyStrong CALVIN | | X-Train KUDZI |
| Thu 25 | XTrain LTP | | Step/Pump Fusion MEG | | Step & Core EMMANUEL | Zumba EMMANUEL | ***Swimming MEG | Zumba EMMANUEL |
| Fri 26 | Friday Fusion MEG | | Yoga CARMEN | | | | | Fighting Fit KUDZI |
| Sat 27th | | 8:30am (60 mins) TEAM TEACH DEBI, MEG, LTP | MONTH-END SPIN, TRAMPOLINE & WEIGHTS TEAM TEACH | | | | | |
| | 6:00am | 6:00am (45 mins) | 8:00am | 9:15am | 1:10pm (40 mins) | 4:45pm (45 mins) | 5:45pm (45 mins) | 5:45pm |
| Mon 29 | Zumba BERNARD | | Basic Weights LUANN | | MegaMix MEG | #Pump 38 MEG | | #Pump 38 MEG |
| Tue 30 | Functional Fitness DOUG | | Step/Zumba Fusion EMMANUEL | Power Pilates SEB | Zumba EMMANUEL | Step & Weights MEG | | MegaMix MEG |