



		8.30am (60 mins)						
Sat 1st		Strong by Zumba BERNARD						
		6.00am	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 3	Zumba BERNARD	Basic Weights LUANN		BODYSTRONG DOUG	FitPump Mix MEG		FitPump Mix MEG	
Tue 4	FUNctional Strength DOUG	Zumba&Step Fusion EMMANUEL	Pilates NICOLA	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 5	FitPump Mix MEG	FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong NICOLA		X-Train KUDZI	
Thu 6	XTrain LIB	Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 7	Friday Fusion MEG	Yoga TINASHE					Fighting Fit KUDZI	
Sat 8th		8.30am (60 mins)						
		X Train LIB						
		6.00am	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 10	Zumba BERNARD	Basic Weights LUANN		BODYSTRONG DOUG	FitPump Mix MEG		Fitpump Mix MEG	
Tue 11	FUNctional Strength DOUG	Zumba&Step Fusion EMMANUEL	Pilates NICOLA	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 12	Fitpump Mix MEG	FUNctional Fitness DEBI		XTrain CALVIN	Pilates NICOLA		X-Train KUDZI	
Thu 13	XTrain LIB	Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 14	Friday Fusion MEG	Yoga TINASHE				LOVE being Fit DR LOVE		
Sat 15th		8.30am (60 mins)						
		BOOTCAMP BASICS ALLY						
		HELP US WELCOME ALLY TO THE INNOVATE TEAM! DON'T MISS OUT!						
		6.00am	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 17	Zumba BERNARD	Basic Weights LUANN		BODYSTRONG DOUG	FitPump Mix MEG		FitPump Mix MEG	
Tue 18	FUNctional Strength DOUG	Zumba&Step Fusion EMMANUEL	Pilates NICOLA	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 19	FitPump Mix MEG	FUNctional Fitness NICOLA		XTrain CALVIN	Pilates NICOLA		X-Train KUDZI	
Thu 20	XTrain LIB	Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 21	Friday Fusion MEG	Yoga TINASHE					Fighting Fit KUDZI	
Sat 22nd		8.30am (60 mins)						
		BODYSTRONG DOUG						
		6.00am	8.00am	9.15am	1.10pm (40 mins)	4.45pm (45 mins)	5.45pm (45 mins)	5.45pm
Mon 24	Zumba BERNARD	Basic Weights LUANN		BODYSTRONG DOUG	FitPump Mix MEG		FitPump Mix MEG	
Tue 25	FUNctional Strength DOUG	Zumba&Step Fusion EMMANUEL	Pilates NICOLA	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 26	FitPump Mix MEG	FUNctional Fitness NICOLA		XTrain CALVIN	Pilates NICOLA		X-Train KUDZI	
Thu 27	XTrain LIB	Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 28	Friday Fusion MEG	Yoga TINASHE					Fighting Fit KUDZI	
Sat 29th		8.30am (60 mins)						
		ZUMBA BERNARD						