



March 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	
Fri 1	Friday Fusion MEG		Yoga MEERA					Fighting Fit LIB	
Sat 2nd		8.30am (60 mins) Fitpump 38! MEG							
	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 4	Zumba EMMANUEL		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG	
Tue 5	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 6	FitPump 38! MEG		FUNctional Fitness DANIELLE		XTrain CALVIN	BodyStrong CALVIN		X-Train TENDAI	
Thu 7	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 8	Friday Fusion MEG		Yoga MEERA					Fighting Fit LIB	
Sat 9th		8.30am (60 mins) 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 11	Zumba EMMANUEL		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG	
Tue 12	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 13	FitPump 38! MEG		FUNctional Fitness DANIELLE		XTrain CALVIN	BodyStrong CALVIN		X-Train TENDAI	
Thu 14	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 15	Friday Fusion MEG		Yoga MEERA					Fighting Fit LIB	
Sat 16th		8.30am - 9.30am Outdoor X-train DOUG							
	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 18	Zumba BERNARD		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG	
Tue 19	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 20	FitPump 38! MEG		FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI	
Thu 21	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 22	Friday Fusion MEG		Yoga MEERA					Fighting Fit KUDZI	
Sat 23rd		8.30am (60 mins) Strong by Zumba BERNARD							
	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 25	Zumba BERNARD		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG	
Tue 26	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG	
Wed 27	FitPump 38! MEG		FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI	
Thu 28	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL	
Fri 29	Friday Fusion MEG		Yoga MEERA					Fighting Fit KUDZI	
Sat 30th		8.30am (60 mins) TEAM TEACH DEBI, MEG, LIB	MONTH-END SPIN, TRAMPOLINE & WEIGHTS TEAM TEACH!						