



# May 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
Wed 1	PUBLIC HOLIDAY - GYM CLOSED							
Thu 2	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 3	Friday Fusion MEG		Yoga MEG					Fighting Fit KUDZI
Sat 4th		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 6	Zumba BERNARD		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG
Tue 7	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 8	FitPump 38! MEG		FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 9	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 10	Friday Fusion MEG		Yoga MEERA					Fighting Fit KUDZI
Sat 11th		8.30am - 9.30am Fitpump Mix 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 13	Zumba BERNARD		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG
Tue 14	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 15	FitPump 38! MEG		FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 16	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 17	Friday Fusion MEG		Yoga MEERA					Fighting Fit KUDZI
Sat 18th		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 20	Zumba BERNARD		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG
Tue 21	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 22	FitPump 38! MEG		FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 23	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 24	Friday Fusion MEG		Yoga MEERA					Fighting Fit KUDZI
Sat 25th		8.30am (60 mins) 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 27	Zumba BERNARD		Basic Weights LUANN		MegaMix! MEG	FitPump 38! MEG		FitPump 38! MEG
Tue 28	FUNctional Fitness DOUG		Step/Zumba Fusion EMMANUEL	Power Pilates SEB	Zumba EMMANUEL	Step & Weights MEG		MegaMix! MEG
Wed 29	FitPump 38! MEG		FUNctional Fitness DEBI		XTrain CALVIN	BodyStrong CALVIN		X-Train KUDZI
Thu 30	XTrain LIB		Step/Pump Fusion MEG		Step & Core EMMANUEL	Zumba EMMANUEL	***Spinning MEG	Zumba EMMANUEL
Fri 31	Friday Fusion MEG		Yoga MEERA					Fighting Fit KUDZI