



GROUP FITNESS SCHEDULE

INSTRUCTOR **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**
 29-Aug **30-Aug** **31-Aug** **1-Sep** **2-Sep**

12.00p	ANDREA		VINYASA			
	BETH				ATHELTIC YOGA	
	KENT	POWER HOUR				
	ROB			FLEX FIT - TB		
	ASHLEY					
	ROBYN					POWER YOGA

5.30p	ANDREA			VINYASA SF		
	BETH	VINYASA				
	KENT					
	ROB					
	ASHLEY					
	ROB		FLEX FIT - TB		H.I.I.T.	

Sep-05 Sep-06 Sep-07 Sep-08 Sep-09

12p	ANDREA	HOLIDAY	VINYASA			
	BETH				ATHELTIC YOGA	
	KENT					
	ROB			FLEX FIT - B + G		
	ASHLEY					
	ROBYN					

5.30p	ANDREA	HOLIDAY		VINYASA SF		
	BETH					
	KENT					
	ROB					
	ASHLEY					
	ROB			H.I.I.T.		H.I.I.T.

12-Sep 13-Sep 14-Sep 15-Sep 16-Sep

12p	ANDREA		VINYASA			
	BETH				ATHELTIC YOGA	
	KENT	POWER HOUR				
	ROB			FLEX FIT - TB		
	ASHLEY					
	ROBYN					POWER YOGA

5.30p	ANDREA			VINYASA SF		
	BETH	ATHLETIC YOGA				
	KENT					
	ROB					
	ASHLEY					
	ROB		FLEX FIT - TB		H.I.I.T.	

19-Sep

20-Sep

21-Sep

22-Sep

23-Sep

12p	ANDREA	ATHLETIC YOGA	VINYASA SF		ATHLETIC YOGA	
	BETH					
	KENT					
	ROB			FLEX FIT - TB		
	ASHLEY					
	ROBYN					POWER YOGA

5.30p	ANDREA	VINYASA		VINYASA		
	BETH					
	KENT					
	ROB					
	ASHLEY					
	ROB		FLEX FIT - TB		H.I.I.T.	

26-Sep

27-Sep

28-Sep

29-Sep

30-Sep

12p	ANDREA		VINYASA			
	BETH				ATHLETIC YOGA	
	KENT	POWER HOUR				
	ROB					
	ASHLEY			POWER YOGA		
	ROBYN					POWER YOGA

5.30p	ANDREA			VINYASA		
	BETH	VINYASA				
	KENT		POWER HOUR		POWER HOUR	
	ROB					
	ASHLEY					
	ROB					