

Stay active & healthy with

Gurri Wanyarra

Outdoor Group Fitness Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Metafit Jasmin			Metafit Jasmin			
9:00AM						Body Pump Andrea	
9:30AM	Body Pump Mon	Sprint/RPM Tiz	Body Pump Mon		Body Pump Mandy		
10:15AM						Body Attack Exp Andrea	
10:45AM	Body Balance Mon		Pilates Claire		Body Balance Mandy		
11:00AM		General Yoga Kaz		General Yoga Kaz			
12:00pm	Active Adults Claire		Active Adults Claire				
1:00PM	Pilates Claire						
5:30PM	Body Pump Mon	Les Mills Core Mel B	Body Pump Katie	Body Attack Andrea	General Yoga Katie		