

	ZUMBA	Tue	ZUMBA	ZUMBA	Fri	Sat
9:30am 	NEW SUMMER TIMETABLE					SPIN Dean
5.30pm 						
6.00pm 	SPIN Dean	Tummy, Butt & Thighs W/O Kiyoco	ABS COMBO Dean	ABS COMBO Kiyoco		
6.30pm 	BOX- A FIT Scar	PUMP IT Kiyoco 6:45	Terese	Tummy, Butt & Thighs W/O Kiyoco	BOX- A FIT Scar	
7:30pm 	Tummy Butt & Thighs W/O Kiyoco	SPIN Joanna	BOX- A FIT Scar	RIP UP Dean 7:15		
8:15pm 	Deon	Pump & Punch Scar	SPIN 8:30 Lena/Tanya	Deon		

## Group Fitness Timetable

Class tokens will be released from reception 30mins before each class

- Hand token to Instructor personally
- No token, No class
- If you need to leave early for any reason inform Instructor BEFORE class, leaving early is NOT recommended
- W/O=Women Only Classes, NO males allowed entry
- Listen to instructor at all times, for your own safety

\*Please remember bottle of water, a towel and correct training gear for every class. Collect tokens from reception and inform instructor if you're a beginner, pregnant or have any injuries. Most of all have FUN, meet new friends and see amazing results...

**Note: Timetable subject to change without notice.**