



TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am HIIT Leanne Avery				7am Functional Fitness Andy Casey		
9.30am Functional Fitness Estelle Liepa	9.30am Functional Fitness Andy Casey	10am Functional Strength Catherine Short	9.30am Functional Fitness Estelle Liepa	9.30am HIIT Andy Casey	9am Olympic Weightlifting Lottie Miles	
10.30am 50+ Strength Estelle Liepa	10.30am 50+ Strength Lys Hitt	10.30am Yoga Marzena Moore	11am Pilates Catherine Short	10.30am Inclusive Fitness Estelle Liepa	10am Super Saturday (FF) Lottie Miles	10.30am Yoga Emma Way
		2pm Health Class Leanne Avery	11.30am 50 + Strength Catherine Short		11am Teens Fitness Lys Hitt	
		3pm 50+ Strength Lottie /Leanne	12.30pm Pilates Catherine Short			
		4pm Teens Fitness Lottie / Leanne		5.30pm Functional Fitness Leanne Avery		
6.30pm Functional Fitness Estelle Liepa	6pm Pilates Catherine Short	7pm Functional Fitness Lottie Miles	6.30pm HIIT Leanne Avery			
7.30pm Teens Fitness Estelle Liepa	7pm Functional Strength Lottie Miles		7.30pm Teens Fitness Leanne Avery			

