



# GROUP TRAINING TIMETABLE

Day & Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning Classes</b>						
6:00 – 7:00	<b>Foundations of Fitness</b> Jono	<b>Foundations of Fitness</b> Jono	<b>Foundations of Fitness</b> Scott	<b>Foundations of Fitness</b> Amy	<b>Foundations of Fitness</b> Jono	
6:15 – 7:15	<b>Muscle &amp; Strength</b> JP	<b>Muscle &amp; Strength</b> Darcy	<b>Muscle &amp; Strength</b> Jono	<b>Muscle &amp; Strength</b> Mark	<b>Muscle &amp; Strength</b> Bladen	
6:30 – 7:15	<b>Pilates</b> Amy		<b>Pilates</b> Amy			
7:45 – 8:45						<b>Foundations of Fitness</b> Amy
9:00 – 9:45						<b>Pilates</b> Amy
<b>Afternoon Classes</b>						
12:30 – 1:15		<b>Pilates</b> Amy		<b>Pilates (Outside)</b> Amy		
12:45 – 13:45	<b>Foundations of Fitness</b> Bladen	<b>Foundations of Fitness</b> Liz	<b>Foundations of Fitness</b> Amy	<b>Foundations of Fitness</b> Bladen		
13:00 – 14:00	<b>Muscle &amp; Strength</b> Scott	<b>Muscle &amp; Strength</b> Scott	<b>Muscle &amp; Strength</b> Mark	<b>Muscle &amp; Strength</b> Mark		
<b>Evening Classes</b>						
17:30 – 18:30	<b>Foundations of Fitness</b> JP	<b>Foundations of Fitness</b> Liz	<b>Foundations of Fitness</b> JP	<b>Foundations of Fitness</b> Mark		
17:45 – 18:45	<b>Muscle &amp; Strength</b> Scott	<b>Muscle &amp; Strength</b> Scott	<b>Muscle &amp; Strength</b> Scott			
18:00 – 19:00	<b>Pilates</b> Amy 45mins	<b>Yoga</b> Jess		<b>Pilates</b> Amy 45 mins	<b>Yoga</b> Jess	