



GROUP TRAINING SCHEDULE



DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIME	Healthfix Gym	Healthfix Gym	Healthfix Gym	Healthfix Gym	Healthfix Gym	Healthfix Gym
6:00 - 7:00	Foundations of Fitness Jono	Foundations of Fitness Jono	Foundations of Fitness Amy	Foundations of Fitness Amy	Foundations of Fitness Jono	
6:15 - 7:15	Muscle & Strength JP	Muscle & Strength Anthony	Muscle & Strength Jono	Muscle & Strength Mark	Muscle & Strength Bladen	
7:45 - 8:45						Foundations of Fitness Amy
9:00-10:00						Pilates Amy
12:45 - 13:45	Foundations of Fitness Jono	Foundations of Fitness Amy	Foundations of Fitness JP	Foundations of Fitness JP		
13:00 - 14:00	Muscle & Strength Bladen	Muscle & Strength Bladen	Muscle & Strength Mark	Muscle & Strength Bladen		
13:15 - 14:15	Pilates (Mums & Bubs) Amy			Pilates (Outside) Amy		
17:00 - 18:00		Pilates Amy		Pilates Amy		
17:30 - 18:30	Foundations of Fitness JP	Foundations of Fitness Liz	Foundations of Fitness JP	Foundations of Fitness Mark		
17:45 - 18:45	Muscle & Strength Anthony	Muscle & Strength Amy	Muscle & Strength Anthony	Muscle & Strength Amy		
18:00 - 19:00		Yoga Jess			Yoga Jess	