

# Group Fitness Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am	<b>CounterPunch</b> 60 Min Wade		<b>Strength &amp; Tone</b> 60 Min Wade	<b>HIIT 60</b> 60 Min Manu	<b>CounterPunch</b> 60 Min Rob	
7.00am						<b>HIIT 60</b> 60 Min Manu
9.00am	<b>HIIT Quick Fit</b> 30 Min Wade	<b>Abs Butts &amp; Thighs</b> 30 Min Rob	<b>HIIT Quick Fit</b> 30 Min Wade	<b>Abs Butts &amp; Thighs</b> 30 Min Rob	<b>Spin</b> 30 Min Rob	
9.30am	<b>Spin</b> 60 Min Rob	<b>Yoga</b> 60 Min Gemma	<b>Spin</b> 30 Min Rob	<b>Yoga</b> 60 Min Gemma	<b>CounterPunch</b> 60 Min Wade	<b>HIIT 60</b> 60 Min Manu
10.15am			<b>Fitness 4 Function</b> 45 Mins Wade SENIOR			
					<b>CounterPunch</b> 60 Min Wade PARKINSONS/SENIOR	
5.30pm	<b>CounterPunch</b> 60 Min Wade		<b>CounterPunch</b> 60 Min Ryan			
6.00pm		<b>Circuit</b> 60 Min Kane		<b>Spin</b> 60 Min Cassie		