

TRU GYM: CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CYCLING 9:30-10:15 Lucy	ZUMBA 9:30-10:15 Jayne	AQUA FIT 9:15-10:00 Sally	Soca Dance 9:30-10:15 Elliot	GROUP CYCLING 9:30-10:15 Lucy	YOGA 9:15-10:00 EMILY	GROUP CYCLING 10:20-11:05 Elliot
STRETCH 9:30-10:15 Sally	LBT 10:20-11:05 Jayne	ZUMBA 9:30-10:15 LISA M	GROUP CYCLING 9:30-10:15 LISA J	COMBAT ATTACK 9:30-10:15 LISA M	GROUP CYCLING 10:05-10:50 Charlie	PILATES 10:20-11:05 Helen
AQUA 10:15-11:00 Sally	AQUA 11:15-12:00 Jayne	TRU PUMP 10:20-11:05 Lisa M	BOX FIT 10:20-11:05 LISA J	BODY TONE 10:20-11:05 LISA M	Power & Pulse 11:00-11:45 Charlie	Soca Dance 11:10-11:55 Elliot
Soca Dance 10:20-11:05 ELLIOT	PILATES 11:15-12:00 Tania	TRU BALANCE 11:15-12:00 Lisa M	PILATES 11:10-11:55 LISA J	AQUA 11:15-12:00 LISA M		
HIIT 11:10-11:40 ELLIOT	LBT 17:30-18:00 Olivia	GLUTE CAMP 17:30-18:10 Olivia	CIRCUITS 17:40-18:10 Olivia	PILATES 11:15-12:00 Helen		
Power & Pulse 17:30-18:15 Charlie	R30 - 30 Minute Spin 18:05-18:35 Chris	GROUP CYCLING 18:25-19:10 LISA M	GROUP CYCLING 18:15-19:00 Charlie	BOX FIT 17:30-18:15 LISA J		
GROUP CYCLING 18:25-19:10 Charlie	Group Centergy 18:45-19:45 Chris	YOGA 19:15-20:00 EMILY	ZUMBA 18:15-19:00 LISA M	GROUP CYCLING 18:20-19:05 LISA J		
AQUA 18:15-19:00 LISA M			AQUA 19:10-19:55 LISA M			
ZUMBA 19:15-20:00 LISA M						

