

TRU GYM: CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CYCLING 9:30-10:15 Lucy	ZUMBA 9:30-10:15 Jayne	GROUP CYCLING 9:30-10:15 Lucy	GROUP CYCLING 07:00-07:45 Jonathan	GROUP CYCLING 9:30-10:15 Lucy	YOGA 9:15-10:00 EMILY	GROUP CYCLING 10:20-11:05 Elliot
SOCA DANCE 10:20-11:05 ELLIOT	Body Conditioning 10:20-11:05 Jayne	BOX FIT 9:30-10:15 LISA J	Soca Dance 9:30-10:15 Elliot	BODY TONE 10:20-11:05 LISA M	GROUP CYCLING 10:05-10:50 Charlie	PILATES 10:20-11:05 Helen
PILATES 11:15-12:00 Tania	AQUA 11:15-12:00 Jayne	TRU PUMP 10:25-11:10 Lisa M	PILATES 10:20-11:05 ALISON	AQUA 11:15-12:00 LISA M	Power & Pulse 11:00-11:45 Charlie	SOCA DANCE 11:10-11:55 Elliot
Power & Pulse 17:30-18:15 Charlie	LBT 17:30-18:00 Olivia	AQUA 11:20-12:05 Lisa M	AQUA 11:15-12:00 ALISON	BOX FIT 17:30-18:15 LISA J		
GROUP CYCLING 18:25-19:10 Charlie	CIRCUITS 18:05-18:35 Olivia	GLUTE CAMP 17:30-18:10 Olivia	BOX FIT 17:30-18:15 LISA J			
DANCE FIT 18:20-19:05 LISA M	YOGA 18:45-19:30 EMILY	R30 - 30 Minute Spin 18:15-18:45 Chris	GROUP CYCLING 18:15-19:00 Charlie			
Aqua 19:15-20:00 LISA M		Group Centergy 18:55-19:55 Chris	DANCE FIT 18:20-19:05 LISA M			
			Aqua 19:15-20:00 LISA M			

