

TRU GYM: CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CYCLING 9:30-10:15 LUCY	ZUMBA 9:30-10:15 LISA M	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	TRU PUMP 10:20-11:05 LISA M	ZUMBA 9:30-10:15 JAYNE	GROUP CYCLING 09:30-10:15 LISA J	DANCE FIT 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 LISA M	BUMS AND TUMS 10:20-10:50 Olivia	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 HELEN	CONDITIONING 10:55-11:25 Olivia	PILATES 11:10-11:55 LISA J	AQUA 11:15-12:00 LISA M		
HIIT 11:10-11:40 ELLIOT	AQUA 17:30-18:15 Sally	GLUTE CAMP 17:30-18:10 Olivia	BUMS AND TUMS 17:30-18:10 Olivia	All tone, No Groan! 17:30-18:15 Charlie		
Power & Pulse 17:30-18:15 Charlie	BUMS AND TUMS 17:30-18:00 Olivia	GROUP CYCLING 18:25-19:10 LISA M	GROUP CYCLING 18:15-19:00 Charlie	GROUP CYCLING 18:15-19:00 Charlie		
GROUP CYCLING 18:30-19:15 Charlie	Soca Dance 18:05-18:50 Elliot	YOGA 19:15-20:00 EMILY	AQUA 19:10-19:55 LISA M			
	R30 - 30 Minute Spin 18:10-18:40 Chris					
	WEIGHTS 18:50-19:20 Chris					

