

THE SPIKE zone

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	S & C Makayla	HIIT Andrew	Circuit Makayla	ABT Liam	Core & Cardio Warren	
6:15am	 LES MILLS BODYPUMP Makayla	HIIT Andrew	Circuit Makayla	ABT Liam	Core & Cardio Makayla	
7:30am						Bootcamp Warren & Liam
7:30am					 LES MILLS BODYPUMP Makayla	Reformer* Sarelle
8:00am			 LES MILLS BODYPUMP Sarelle			
8:30am	Circuit Makayla	Total Tone Sarelle		Circuit Makayla	ABT Liam	Reformer* Sarelle
9:30am	TABATA Makayla	Total Tone Sarelle	S & C Makayla	HIIT Makayla	ABT Liam	
10:30am				Fit 2 Dance Kristie		
4:30pm				Circuit Andrew		
5:30pm	HIIT Warren	 LES MILLS BODYPUMP Sarelle	S & C Makayla			
6:30pm		Fit 2 Dance Kristie				

THE VIRTUAL ZONE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		 GRIT VIRTUAL		 THE TRIP VIRTUAL	 BODYBALANCE VIRTUAL	 RPM VIRTUAL	
6:15am	 BODYBALANCE VIRTUAL	 THE TRIP VIRTUAL		 GRIT VIRTUAL	 RPM VIRTUAL		
6:30am			General Yoga Lucinda			 THE TRIP VIRTUAL	 GRIT VIRTUAL
7:30am	Reformer* Sarelle	 RPM Josh		 RPM Josh	Reformer* Sarelle		 BODYPUMP VIRTUAL
7:45am			 sprint VIRTUAL	 THE TRIP VIRTUAL		General Yoga Jane	
8:30am	Reformer* Sarelle	General Yoga Jane	 GRIT VIRTUAL		 GRIT VIRTUAL		 THE TRIP VIRTUAL
9:00am				Moderate Yoga Nadia		General Yoga Lucinda/Alex	
9:30am	Power Pilates Sarelle	General Yoga Jane	Pilates Clare		Power Pilates Sarelle		 BODYATTACK VIRTUAL
10:15am						Yin Yoga Lucinda/Alex	
10:30am	 BODYBALANCE VIRTUAL		Reformer* Sarelle	 sprint VIRTUAL	 BODYBALANCE VIRTUAL		 BODYBALANCE VIRTUAL
12:00pm	 sprint VIRTUAL		 GRIT VIRTUAL	 BODYPUMP VIRTUAL	 sprint VIRTUAL	 BODYPUMP VIRTUAL	 BODYBALANCE VIRTUAL
1:00pm		 BODYCOMBAT VIRTUAL			 THE TRIP VIRTUAL		
2:00pm		 CORE VIRTUAL		 DANCE VIRTUAL			
4:30pm	Power Pilates Sarelle	 BODYBALANCE VIRTUAL	 BODYPUMP VIRTUAL	 GRIT VIRTUAL		 RPM VIRTUAL	 THE TRIP VIRTUAL
5:30pm	Power Pilates Sarelle	Pilates Michelle	Yoga to De-Stress Jane	 BODYPUMP VIRTUAL	 BODYBALANCE VIRTUAL		
6:30pm	General Yoga Lucinda	Reformer* Sarelle		Yin Yoga Alex			

