

Christmas/New Year Time Table

	Monday 20 th Dec	Tuesday 21 st Dec	Wednesday 22 nd Dec	Thursday 23 rd Dec	Friday 24 th Dec	Saturday
5.45am OGFR	SPIN	PILATES <i>Trish</i>	CARDIO BLAST <i>Trish</i>	CIRCUIT <i>Trish</i>	FX FIT <i>Trish</i>	
7.00am AQUA	AQUA AEROBICS Sue	AQUA DANCE Sue	AQUA BOXING Sue	LOW IMPACT AQUA Sue	AQUA HIIT Sue	
8.00am Outside GF area	EASY BEATS Trish		LOW IMPACT CIRCUIT Trish			
8.00am AQUA		DEEP WATER <i>Cheryl</i>		DEEP WATER <i>Naomi</i>		
9.00am GF Room		PILATES Trish		YOGA Luisa	PILATES Trish	
9.00am	BOXING Trish			BODY SCULPT Trish		
6.15pm AQUA	AQUA DANCE Sue	AQUA CIRCUIT Sue	AQUA HIIT Sue	AQUA BOXING Sue		
6.00pm GF Room	PILATES Trish		YOGA Luisa			
6.00pm Outside	BOOTCAMP <i>Shayne</i>	CIRCUIT Shayne	BOOTCAMP <i>Shayne</i>			

	Monday 27 th Dec	Tuesday 28 th Dec	Wednesday 29 th Dec	Thursday 30 th Dec	Friday 31 st Dec	Saturday
6.00am OGFR			CARDIO BLAST <i>Trish</i>	CIRCUIT <i>Trish</i>	FX FIT <i>Trish</i>	
5.00pm Outside GF Area			Bootcamp <i>Shayne</i>	Bootcamp <i>Shayne</i>		

	Monday 3 rd Jan	Tuesday 4 th Jan	Wednesday 5 th Jan	Thursday 6 th Jan	Friday 7 th Jan	Saturday
5.45am OGFR		PILATES <i>Trish</i>	CARDIO BLAST <i>Trish</i>	CIRCUIT <i>Rachel</i>	FX FIT <i>Trish</i>	
6.00pm Outside		CIRCUIT Shayne	BOOTCAMP <i>Shayne</i>		BOOTCAMP <i>Shayne</i>	

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7.00am AQUA	AQUA AEROBICS Sue	AQUA DANCE Sue	AQUA BOXING Sue	LOW IMPACT AQUA Sue	AQUA HIIT Sue	
8.00am Outside GF area	EASY BEATS Trish		LOW IMPACT CIRCUIT Trish			
8.00am AQUA		DEEP WATER <i>Cheryl</i>		DEEP WATER <i>Naomi</i>		
9.00am GF Room		PILATES Trish		YOGA Luisa	PILATES Trish	
9.00am	BOXING Trish			BODY SCULPT Trish		
6.15pm AQUA	AQUA DANCE Sue	AQUA CIRCUIT Sue	AQUA HIIT Sue	AQUA BOXING Sue		
6.00pm GF Room	PILATES Trish		YOGA Luisa			
6.00pm Outside	BOOTCAMP <i>Shayne</i>	CIRCUIT Shayne	BOOTCAMP <i>Shayne</i>			

	Monday 27 th Dec	Tuesday 28 th Dec	Wednesday 29 th Dec	Thursday 30 th Dec	Friday 31 st Dec	Saturday
6.00am OGFR			CARDIO BLAST <i>Trish</i>	CIRCUIT <i>Trish</i>	FX FIT <i>Trish</i>	
5.00pm Outside GF Area			Bootcamp <i>Shayne</i>	Bootcamp <i>Shayne</i>		

	Monday 3 rd Jan	Tuesday 4 th Jan	Wednesday 5 th Jan	Thursday 6 th Jan	Friday 7 th Jan	Saturday
5.45am OGFR		PILATES <i>Trish</i>	CARDIO BLAST <i>Trish</i>	CIRCUIT <i>Rachel</i>	FX FIT <i>Trish</i>	
6.00pm Outside		CIRCUIT Shayne	BOOTCAMP <i>Shayne</i>		BOOTCAMP <i>Shayne</i>	