



FITNESS

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W

Th

F

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S

5:00am



CIRCUIT
With Renee



CIRCUIT
With Renee



6:00am

CIRCUIT
With Renee

H.I.I.T
With Jo

X55
With Jo

CIRCUIT
With Jo

HYPER C
With Jo



7:30am

H.I.I.T
With Jodie



CIRCUIT
With Jodie



UBOUND CIRCUIT
With Jodie

CIRCUIT
With Renee



8:30am

UBOUND
With Jodie

H.I.I.T
With Jo

CIRCUIT
With Jodie

X55
With Jo

HYPER C
With Jodie

YOGA
With Kirstin



9:30am

KiMax
With Jodie

YOGA
With Jodie K

CIRCUIT
With Jodie



PILATES
With Ngaire



10:30am & 11:30am
12:30pm & 1:30pm
2:30pm & 3:30pm



4:00pm



5:00pm

H.I.I.T
With Jodie



CIRCUIT
With Jodie

BOXING
With Jeff



6:00pm

KiMax
With Jodie

CIRCUIT
With Renee

CIRCUIT
With Jodie

YOGA
With Kirstin



7:00pm & 8:00pm
9:00pm & 10:00pm

