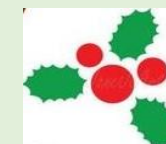


MAC CHRISTMAS / NEW YEAR GROUP FITNESS TIMETABLE



	MON 21/12	TUES 22/12	WED 23/12	THURS 24/12	FRI 25/12	SAT 26/12	SUN 27/12	MON 28/12	TUES 29/12	WED 30/12	THURS 31/12	FRI 1/1	SAT 2/1	SUN 3/1	MON 4 /1	TUES 5/1	WED 6/1	THURS 7/1	FRI 8/1	SAT 9/1	SUN 10/1	
6.15AM	MetaFit (30) MANILYN	RPM LINDA	CX Worx MARIANNE	Body Pump JULIE					RPM SUE		Body Pump JULIE					RPM LINDA	CX Worx MARIANNE	Body Pump JULIE	Pilates SUE			
7.30AM		Zumba Gold	Seniors																			
8.00AM		AMELIA	BO						Zumba Gold	Seniors						Zumba Gold	Seniors					
8.30AM									IRINA	BO					CX Worx CAROL		IRINA	BO			CX Worx CAROL	
9.15AM	Body Pump KAREN	Body Attack ALEX	Functional MANILYN	Body Step MARIANNE				Body Pump JULIE		Functional MANILYN					Body Pump JULIE		Functional MANILYN	Body Step MARIANNE	RPM LINDA			
9.30AM														RPM						RPM	Body Pump	
9.45AM	AQUA JOAN							AQUA JOAN						BO		AQUA JOAN				AQUA JOAN	BO MARIANNE	
10.30AM	Body Balance AMELIA	Yoga NATALIJA					Body Step EDNA	Body Balance AMELIA	Yoga IRINA					Body Attack EDNA	Body Step EDNA	Body Balance AMELIA	Yoga SUE			Body Pump MANILYN	Body Attack EDNA	Body Step EDNA
11.30AM			Zumba IRINA							Zumba IRINA							Zumba IRINA			Zumba IRINA		
				CLOSE 12PM	CLOSED	CLOSED								Yoga SUE							Yoga IRINA	
1.45PM		AQUA ROBYN									AQUA JOAN					AQUA ROBYN		AQUA JOAN				
4.00PM							Yoga SUE							Yoga SUE							Yoga SUE	
4.45PM		Teen Fit DANIEL							Teen Fit DANIEL							Teen Fit DANIEL						
5.15PM	RPM (30) Bo							*RPM (45) BO			CYCLE (30) JANECE				*RPM (45) BO					CYCLE (30) JANECE		
5.45PM																				Yoga SUE		
6.00PM	Yoga																					
6.15PM	AMELIA	Body Pump JULIE	CYCLE DANIEL					CLOSE 6.15PM	Body Pump JULIE	CYCLE DANIEL	CLOSE 6.15PM	CLOSE 6.15PM			Yoga AMELIA	Body Pump JULIE	CYCLE DANIEL	Body Pump MARIANNE				
7.15PM		Pilates	Body Step							Body Step							Body Step	Body Balance				
		IRENE	EDNA							EDNA							EDNA	AMELIA				