

	Mon	Tues	Wed	Thur	Fri	Sat	
6 am		6.05AM		6.05AM			WAURN PONDS
:15		Active!		Metafit			TORQUAY
:30		6.40AM		6.40AM			
:45		Small Group 40 minute session		Small Group 40 minute session			
7 am							
:15							
:30							
:45						7.45AM PT Available	
8 am						8.15AM Metafit	
:15							
:30							
:45							
9 am	9.10AM Metafit	9.10AM Express Strength	9.10AM MetaPWR	9.10AM Express Strength	9.10AM Active	8.50AM PT Available	
:15							
:30	9.45AM Express Strength	9.45AM Dancercise	9.45AM Express Strength	9.45AM Active	9.45AM Express Strength	9.20AM PT Available	
:45							
10 am		10.20AM Postnatal Fitness 40 minute session	10.20AM Postnatal Fitness 40 minute session	10.20AM PT Available	10.20AM PT Available		
:15							
:30							
:45							
11 am							
:15							
:30							
:45							
3 PM							
:15							
:30							
:45							
4 PM	4.00PM PT Available		4.00PM Primary TRAINers (Prep - G7)				
:15							
:30			4.45PM Teen TRAINers (High School)				
:45			5.30PM Express Strength (OI)				
5 PM							
:15							
:30							
:45							
6 PM			6.00PM Metafit	6.00PM Express Strength			
:15							
:30	6.30PM Dancercise		6.30PM Dancercise	6.35PM Active!			
:45							
7 PM			7.00PM Prenatal Fitness 45 minute session	7.10PM PT Available			
:15	7.15PM PT Available			7.45PM PT Available			
:30							
:45							