

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

| | | | | | | |
|---------|--|--|--|--|--|--|
| 9.00am | | | | | | |
| 9.30am | | | | | | |
| 10.00am | | | | | | |
| 10.30am | | | | | | |
| 11.00am | | | | | | |
| 11.30am | | | | | | |
| 12.00am | | | | | | |
| 12.30pm | | | | | | |
| 1.00pm | | | | | | |
| 1.30pm | | | | | | |
| 2.00pm | | | | | | |
| 2.30pm | | | | | | |
| 3.00pm | | | | | | |
| 3.30pm | | | | | | |
| 4.00pm | | | | | | |
| 4.30pm | | | | | | |
| 5.00pm | | | | | | |
| 5.30pm | | | | | | |
| 6.00pm | | | | | | |
| 6.30pm | | | | | | |
| 7.00pm | | | | | | |
| 7.30pm | | | | | | |
| 8.00pm | | | | | | |
| 8.30pm | | | | | | |
| 9.00pm | | | | | | |
| 9.30pm | | | | | | |
| 10.00pm | | | | | | |

BodyFit Gym

| | |
|---------------------|-------------|
| Boxing | Red |
| Kick Boxing | Blue |
| Gracie JiuJitsu | Olive Green |
| | |
| Yoga (ladies only) | Cyan |
| Zumba (ladies only) | Pink |
| Circuits | Yellow |

| | |
|---------------------|-------------|
| Gym open | Light Green |
| Ladies only Gym use | Purple |

| | |
|-----------------|-----------|
| Junior Classes | Dark Blue |
| Boxing | |
| Kick Boxing | |
| Gracie JiuJitsu | |