

August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Intro to S&C (Sam) 5.30pm - 6.30pm	Tai Chi (James) 11.35am - 12.15pm Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm Zumba (Meta) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Kung Fu Kardio (James) 12.00pm - 12.45pm	
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	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Vinyasa Yoga Flow (Elaine) 5.30pm - 6.30pm	Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm *Strong by Zumba (HIITZ) (Meta) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Zumba (Stephanie) 5.30pm - 6.30pm	Tai Chi (James) 11.35am - 12.15pm Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm Cardio Dance Party (Stephanie) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Kung Fu Kardio (James) 12.00pm - 12.45pm	
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	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Vinyasa Yoga Flow (Elaine) 5.30pm - 6.30pm	Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm *Strong by Zumba (HIITZ) (Meta) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Zumba (Stephanie) 5.30pm - 6.30pm	Tai Chi (James) 11.35am - 12.15pm Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm Zumba (Meta) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Kung Fu Kardio (James) 12.00pm - 12.45pm	
	13	14	15	16	17	
	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Vinyasa Yoga Flow (Elaine) 5.30pm - 6.30pm	Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm *Strong by Zumba (HIITZ) (Meta) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Zumba (Stephanie) 5.30pm - 6.30pm	Tai Chi (James) 11.35am - 12.15pm Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm Cardio Dance Party (Stephanie) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Kung Fu Kardio (James) 12.00pm - 12.45pm	
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	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Vinyasa Yoga Flow (Elaine) 5.30pm - 6.30pm	Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm *Strong by Zumba (HIITZ) (Meta) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Gentle Yoga Flow (Elaine) 12.00pm - 12.45pm Zumba (Stephanie) 5.30pm - 6.30pm	Tai Chi (James) 11.35am - 12.15pm Intro to Strength & Conditioning (Sam) 12.00pm - 12.45pm Cardio Dance Party (Stephanie) 5.30pm - 6.30pm Intro to Strength & Conditioning (Sam) 6.30pm - 7.30pm	Kung Fu Kardio (James) 12.00pm - 12.45pm	
	27	28	29	30	31	

September 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>CLOSED FOR LABOR DAY</b>	<b>Intro to Strength &amp; Conditioning (Sam)</b> 12.00pm - 12.45pm <b>*Strong by Zumba (HIITZ) (Meta)</b> 5.30pm - 6.30pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 6.30pm - 7.30pm	<b>Gentle Yoga Flow (Elaine)</b> 12.00pm - 12.45pm <b>Zumba (Stephanie)</b> 5.30pm - 6.30pm	<b>Tai Chi (James)</b> 11.35am - 12.15pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 12.00pm - 12.45pm <b>Zumba (Meta)</b> 5.30pm - 6.30pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 6.30pm - 7.30pm	<b>Kung Fu Kardio (James)</b> 12.00pm - 12.45pm <b>Kung Fu Kardio (PILOT) (James)</b> 5.30pm - 6.30pm	
	<b>Gentle Yoga Flow (Elaine)</b> 12.00pm - 12.45pm <b>Vinyasa Yoga Flow (Elaine)</b> 5.30pm - 6.30pm	<b>Intro to Strength &amp; Conditioning (Sam)</b> 12.00pm - 12.45pm <b>*Strong by Zumba (HIITZ) (Meta)</b> 5.30pm - 6.30pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 6.30pm - 7.30pm	<b>Gentle Yoga Flow (Elaine)</b> 12.00pm - 12.45pm <b>Zumba (Stephanie)</b> 5.30pm - 6.30pm	<b>Tai Chi (James)</b> 11.35am - 12.15pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 12.00pm - 12.45pm <b>Cardio Dance Party (Stephanie)</b> 5.30pm - 6.30pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 6.30pm - 7.30pm	<b>Kung Fu Kardio (James)</b> 12.00pm - 12.45pm <b>Kung Fu Kardio (PILOT) (James)</b> 5.30pm - 6.30pm	
	<b>Gentle Yoga Flow (Elaine)</b> 12.00pm - 12.45pm <b>Vinyasa Yoga Flow (Elaine)</b> 5.30pm - 6.30pm	<b>Intro to Strength &amp; Conditioning (Sam)</b> 12.00pm - 12.45pm <b>*Strong by Zumba (HIITZ) (Meta)</b> 5.30pm - 6.30pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 6.30pm - 7.30pm	<b>Gentle Yoga Flow (Elaine)</b> 12.00pm - 12.45pm <b>Zumba (Stephanie)</b> 5.30pm - 6.30pm	<b>Tai Chi (James)</b> 11.35am - 12.15pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 12.00pm - 12.45pm <b>Cardio Dance Party (Stephanie)</b> 5.30pm - 6.30pm <b>Intro to Strength &amp; Conditioning (Sam)</b> 6.30pm - 7.30pm	<b>Kung Fu Kardio (James)</b> 12.00pm - 12.45pm <b>Kung Fu Kardio (PILOT) (James)</b> 5.30pm - 6.30pm	
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