

October 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 Sentao (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 Kung Fu Kardio (James) 5.30pm - 6.30pm	
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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 Sentao (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 Kung Fu Kardio (James) 5.30pm - 6.30pm	
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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 Sentao (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 Kung Fu Kardio (James) 5.30pm - 6.30pm	
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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 Sentao (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 Kung Fu Kardio (James) 5.30pm - 6.30pm	
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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 Sentao (Stephanie) 5.30pm - 6.30pm			
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