

Notes:



May 2018 Class Schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:15AM		HIIT - Matt	IgnitFit - Rodney	HIIT - Matt	IgnitFit - Rodney	HIIT - Matt	
5:15AM			Yoga - Makala		Yoga - Makala		
8:30AM							HIIT - Matt
9:00AM		Intervals - Matt	Cardio Speed - Rodney	HIIT - Matt	Boxing - Rodney	Intervals - Rodney	
9:00AM							
9:30AM		Yoga - Bradie		Yoga - Bradie		Yoga - Bradie	Yoga - Bradie
10:00AM			Yoga - Makala		Yoga - Makala		
12PM		ExpressFit - Matt	ExpressFit - Rodney	ExpressFit - Matt	ExpressFit - Rodney	ExpressFit - Rodney	
12PM		Yoga Express- Bradie		Yoga Express- Bradie		Cycle Express - Zak	
4:30PM		HIIT - Rodney	Circuit training - Matt	HIIT - Rodney	HIIT - Matt		
4:30PM	Yoga - Bradie	Yoga - Bradie			Pilates - Paula	Yoga - Bradie	
5:00PM				Cycle - Zak			
5:30PM		Cycle - Zak	Barre - Kiley		Barre - Kiley		
6:00PM		Boxing - Rodney	HIIT - Matt	Boxing - Rodney	Circuit training - Matt		
6:00PM				Pilates - Paula			
6:30PM			Yoga - Bradie				
7:00PM		IgnitFit - Rodney	Circuit training - Matt	Cardio Fit - Rodney	HIIT - Matt		