



**Timetable Print Date: 09/02/2012**

Timetables may change at any notice. Please refer to [www.crunchfitness.net.au/timetable.html](http://www.crunchfitness.net.au/timetable.html) for the latest timetables

## LATEST TIMETABLE

[Aerobics Room](#)

[Cycle Room](#)

[Outdoor & Boot Camp](#)

## AEROBICS ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05	BOXING CIRCUIT J V		CYCLE Annette				
08:30						BOXING CIRCUIT Dora	
09:00	BODY SHAPE Danielle <b>9.10am</b>				BODY FIRM Lindsey		
09:30		BODY FIRM Bernie	BOXING CIRCUIT Bernie	PILATES Michelle		BODY FIRM Joanna	
10:00	AERO CIRCUIT Michelle				AERO CIRCUIT Lindsey		
10:30		ZUMBA Tatiana	PILATES Dora	BODY FIRM Michelle		PILATES Dora	BODY FIRM J V
11:00	PILATES Michelle				YOGA Kate		
11:30		YOGA Kate	ZUMBA Paul			ZUMBA Maira	
15:45		TUMS BUMS & THIGHS Dora					PILATES Alison <b>3:00pm</b>

16:00						YOGA Kelly	
17:30		BOXING CIRCUIT Dora	BODY FIRM Tricia	PILATES Deb			
18:00	ABS / BUTTS Tricia						
18:30	BODY FIRM Tricia	YOGA Kate	PILATES Peta	ZUMBA TONING Tamara			
19:30	ZUMBA Milla	TOTAL BODY J V	ZUMBA Andrea	CARDIO BOOTCAM P Tamara			

Due to unforeseen circumstances Classes and/or Instructors may change at the last minute without notice.

## CYCLE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05			CYCLE Annette		CYCLE Dora	CYCLE Bernie <b>8am</b>	
08:30						CYCLE Joanna	
09:30		CYCLE Sam <b>9.25am</b>					
10:00	CYCLE Joanna				CYCLE Danielle		CYCLE Annette/Tricia <b>10.10am</b>
10:30		CYCLE Annette		CYCLE Sam			
17:30	CYCLE Sonja						

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## OUTDOOR & BOOT CAMP

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05		OUTDOOR BOOT CAMP Sam		OUTDOOR BOOT CAMP Sam		RUNNING CLUB Tricia	

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