



Group Exercise - Land

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM® Act Room A	RPM® Activity Room A	BODYPUMP® Mezzanine	RPM® Activity Room A	BODYPUMP® Mezzanine	
8:00am						Yoga Room 10 Rec Centre
9:00am						RPM® Activity Room A
9:30am	BODYPUMP® Mezzanine	BODYSTEP/PUMP® Combo Class - Mezz	BODYCOMBAT® ** Mezzanine	BODYVIVE® Mezzanine	BODYATTACK® Mezzanine	BODYPUMP® Mezzanine
10:00AM						BODYCOMBAT® Mezzanine
10:30 a.m.	BODYVIVE® ** Mezzanine		BODYBALANCE® ** Mezzanine			
11:00 a.m.						BODYJAM® Mezzanine
12:30pm		BODYBALANCE® Mezzanine		BODYBALANCE® Mezzanine		
3.40pm		WEST WAVE TEEN CLUB				SUNDAY
4.30pm	BODYSTEP® Mezzanine	BODYPUMP® Mezzanine	BODYATTACK® Mezzanine	BODYCOMBAT® Mezzanine	BODYSTEP/PUMP® Combo Class - Mezz	9:30 a.m. BODYATTACK®
5:30pm		BODYATTACK® Mezzanine	BODYJAM® Mezzanine	BODYPUMP® Mezzanine	BODYCOMBAT® Mezzanine	** Mezzanine
5:45pm	BODYPUMP® Rec Centre					4:30pm
5:30pm	BODYJAM® ** Mezzanine				RPM® Activity Room A	BODYBALANCE® Mezzanine
6:00pm	RPM® Activity Room A	RPM® Activity Room A	RPM® Activity Room A	RPM® Activity Room A		
6:30pm	BODYCOMBAT® Mezzanine	BODYVIVE® Mezzanine	BODYPUMP® Mezzanine	BODYSTEP® Mezzanine	BODYBALANCE® Mezzanine	
6:30pm	SUMMER BOOT CAMP	FIGHTING FITNESS Rec Cntr - BYO Gear	Boot Camp Rec Centre			
7:30pm			BODYBALANCE® Mezzanine			
7:30pm			YOGA Rec Centre Room 10			



** Denotes six week trial - these classes will commence on week starting Tuesday, 2 February 2010