



## Group Exercise - Land

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM® Act Rm A - 6 wk trial	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	BODYSTEP® Mezzanine	BODYVIVE® Mezzanine	BODYATTACK® Mezzanine	BODYPUMP® Mezzanine
10:00AM						BODYCOMBAT® Mezzanine
12:30pm		BODYBALANCE® Mezzanine		BODYBALANCE® Mezzanine		
3:40pm	WEST WAVE KIDS CIRCUIT CLUB	WEST WAVE TEEN CLUB		WEST WAVE TEEN CLUB		SUNDAY
4:30pm	BODYSTEP® Mezzanine	BODYPUMP® Mezzanine	BODYATTACK® Mezzanine	BODYCOMBAT® Mezzanine	BODYSTEP/PUMP® Combo Class - Mezz	BODYBALANCE® Mezzanine
5:30pm	BODYPUMP® Rec Centre	BODYATTACK® Mezzanine	BODYJAM® Mezzanine RPM® (60 min class) Activity Room A	BODYPUMP® Mezzanine	BODYCOMBAT® Mezzanine	
6:00pm	RPM® Activity Room A				RPM® Activity Room A	
6:30pm	BODYCOMBAT® Mezzanine	BODYVIVE® Mezzanine RPM® Activity Room A FIGHTING FITNESS Rec Cntr - BYO Gear	BODYPUMP® Mezzanine Boot Camp Rec Centre	RPM® Activity Room A BODYSTEP® Mezzanine	BODYBALANCE® Mezzanine	
7:30pm			BODYBALANCE® Mezzanine YOGA Rec Centre Room 10			



These classes will commence on week starting Monday, 12 January 2009