

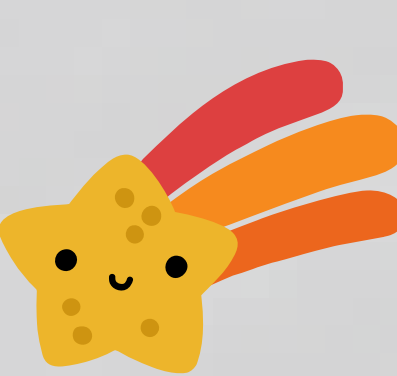


COOLALINGA

GROUP FITNESS

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM	LIME HITT Emmy 45mins						
8:30 AM							LES MILLS tone Renee 45mins
8:45 AM	STEP Gwen 45mins	LIME LIFT Michael 45mins	T.B.T Leeanne 60mins				
9:30 AM	LES MILLS BODYBALANCE Gwen 55mins	LES MILLS BODYBALANCE Gwen 55mins		LIME LIFT Gwen 45mins	9:15 am LES MILLS BODYPUMP Pam 55mins	LES MILLS BODYPUMP Renee 45mins	
10:15 AM					YOGA Korina 60mins	LES MILLS CORE Renee 30mins	
11:00 AM						LES MILLS BODYBALANCE Helen 55mins	
5:30 PM	LES MILLS BODYPUMP Nat 55mins	LES MILLS tone Renee 60mins		LES MILLS BODYPUMP Keith 55mins			
6:30 PM	LES MILLS BODYBALANCE Gwen 55mins			LES MILLS BODYBALANCE Gwen 55mins			
SPIN STUDIO							
5:30 AM		LES MILLS RPM Monique 45mins		LES MILLS RPM Monique 45mins	LES MILLS RPM Monique 45mins		
8:30 AM						LES MILLS RPM Leeanne 45mins	
5:30 PM							
6:00 PM	SPIN Nat D 45mins			SPIN Nat D			

CRECHE HOURS



8:30AM
-
11:30AM

4:00 PM
-
7:00 PM

8:30AM
-
11:30AM

8:30AM
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11:30AM

4:00 PM
-
7:00 PM

8:30AM
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11:30AM

4:00 PM
-
7:00 PM

8:30AM
-
11:30AM

8:30AM
-
11:30AM

CLOSED
SUNDAYS