

## 2009 Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6.10am</b>	Body Pump	Body Step	Body Pump	Fit Box	Body Step	8.45am Body Attack	
	<b>Tony</b>	<b>Tony</b>	<b>Melissa</b>	<b>Chris</b>	<b>Melissa</b>	<b>Jaime</b>	
<b>9.30am</b>	Step Moves	Body Attack	Body PUMP	Body Step	Body Combat	9.30am Body Step	9:15am Body PUMP
	<b>Donna</b>	<b>Melissa</b>	<b>Robyn</b>	<b>Robyn</b>	<b>Elena</b>	<b>Tony</b>	<b>Alison</b>
<b>10.30am</b>	Body PUMP	Body Step	Body Attack	Body Balance	Body PUMP	10.30am Body Pump	10.15am YOGA
	<b>Sandy</b>	<b>Melissa</b>	<b>Melissa</b>	<b>Donna</b>	<b>Sandy</b>	<b>Melissa</b>	<b>Da Da</b>
<b>11.30am</b>		SENIORS		SENIORS		11.30am YOGA	
		<b>Brigette</b>		<b>Donna</b>		<b>Da Da</b>	
<b>4.45pm</b>	Body Attack	Body Step	Body Pump	YOGA	5.15pm PUMP		
	<b>Jaime</b>	<b>Alison</b>	<b>Alison</b>	<b>Monica</b>	<b>Tony</b>		
<b>5:45pm</b>	Body pump	Body Balance	Body Combat	Body Attack			
	<b>Jaime</b>	<b>Donna</b>	<b>Julie</b>	<b>Jaime</b>			
<b>6:45pm</b>	Body Combat	Body Pump	Body Step	Body Pump	<p style="text-align: center;"> <u>Monday - Thurs:</u> 6am to 10pm  <u>Friday:</u> 6am to 9pm <u>Sat:</u> 8am to 5pm  <u>Sun:</u> 9am to 5pm                        Level 4 Westpoint Shopping Centre                      Blacktown NSW 2148                      Ph: 02 9672 1200 Fax: 02 9676 8628                 </p>		
	<b>Elena</b>	<b>Gabby</b>	<b>Tony</b>	<b>Gabby</b>			
<b>7.45pm</b>	Body Step	Body Attack					
	<b>Alison</b>	<b>Chey</b>					