

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am		BOOT CAMP 5.30AM (45 MIN)		BOOT CAMP 5.30AM (45 MIN)			
6am	THUMP BOXING 6.15AM (45 MIN)	BOOT CAMP 6.15AM (45 MIN)	THUMP BOXING 6.15AM (45 MIN)	BOOT CAMP 6.15AM (45 MIN)			
7am						BOOT CAMP 7AM (45 MIN)	
8am							
9am	PUMP - 1HR 9AM (1 HOUR)	THUMP BOXING 9AM (45 MIN)				BOOT CAMP 9AM (45 MIN)	
10am	YOGALATTIES 9.15AM (1 hour)	PILATES 10AM (1 HOUR)					
11am							
12pm							
1pm							
2pm							
2pm							
4pm	GECKO YOUNG 4PM (45 MIN)	GECKO MIDST 9-11 4PM (45 MIN)	GECKO YOUNG 4PM (45 MIN)	GECKO MIDST 9-11 4PM (45 MIN)			
5pm	GECKO ELITE GIRLS 5PM (45 MIN)	GECKO MID 12 - 15 5PM (45 MIN)	GECKO ELITE BOYS 5PM (45 MIN)	GECKO MID 12 - 15 5PM (45 MIN)			
6pm		CIRCUIT 6PM (30 MIN)					
7pm		BOOT CAMP 7PM (45 MIN)		PUMP EXPRESS 6PM (45 MIN)			
8pm				BOOT CAMP 7PM (45 MIN)			
9pm				PILATES 8PM (1 HOUR)			
10pm							
11pm							

**SUPERVISED HOURS**

**UNSUPERVISED HOURS**

AUTUMN/WINTER GROUP CLASS TIMES