

Zone Health and Fitness - instructor only timetable as at 17th May 2022

ST 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		pump Tash		pump Tash			
8.30am						pump Brad	
9.30am	pump Brad	combat Laura	pump Brad		attack Dani B	grit Lisa-marie	
5.30pm	attack Dani B	combat Dani B	pump Caitlin		pump 30min Lisa-Marie		
6.00pm				grit Josh	core Lisa-Marie		
6.30pm	combat Dani B	pump Lisa-Marie	attack Josh	balance Clare	jam Dani B		
7.30pm		jam Dani B					

ST 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am							balance Emma
5.45pm			core Lisa-marie				
6.00pm	core Emma						
6.30pm	pilates Shane	grit Georgia					

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am			rpm Tash		rpm Tash		
9.00am							sprint Kassiee
9.30am						rpm Shane	
5.30pm	rpm Shane		rpm Tanya				
6.00pm		rpm Shane			sprint Josh		
6.30pm	sprint Kassiee		sprint Lisa-Marie				