

Stay active & healthy with

Gurri Wanyarra

Outdoor Exercise

Timetable

	Mon	Tues	Wed	Thur	Fri	Sat
6:15am				Metafit (Jas)		
8:30am						Body Pump (Andrea)
9:30 am	Body Pump (Mon)	Spin (Tiz)	Body Pump (Mon)	Step (Mel)	Body Pump (Mon)	
10:15am		Metafit (Jas)				
10:30am	Body Balance (Mon)				Body Balance (Mon)	
10:45am			Pilates (Claire)			
11:00am		Yoga (Kaz)		Yoga (Kaz)		
5.30pm	Body Pump (Mon)				Yoga (Katie)	
6pm			Metafit (Jas)			
6:15pm	Pilates (Claire)	Spin (Tiz)		Spin (Janny)		

Effective Monday 2nd November 2020