




































## BayFit Group Fitness Timetable JANUARY 25 , 2010

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6.15AM	 <b>Sue</b>	 <b>Rosa</b> <i>Arrive early</i>	 <b>Rosa</b> <i>Arrive early</i>	 <b>Zona</b>	 <b>Rosa</b> <i>Arrive early</i>		
8.30AM	LLLS Class  COTA		LLLS Class  COTA		7am  <b>Pilates</b> (Bookings req Ph 9392 2288.)	 <b>Stacey</b>	
9.30AM	 <b>Daniela</b>	 <b>Vicki</b>	 <b>Carolyn</b>	 <b>Vicki</b>	 <b>Stacey</b> 9.40am	 <b>Shirley</b>	 <b>Mark</b>
10.30AM	 <b>Daniela</b> 10.40am		 <b>Carolyn</b> 10.40am		LLLS Class  COTA	 <b>BOXING</b> BOOKINGS REQ PH 0402 337 436	 <b>Vicki</b>
11.30AM							 <b>Catherine</b>
6.00PM	 <b>Melinda</b>	 <b>Catherine</b>	 <b>Vicki</b>	 <b>Diana</b>	 <b>Catherine</b>		
7.00PM	 <b>Vicki</b>	 <b>Zona</b>	 <b>Mark</b>	 <b>Nicole</b>			
8.00PM	 <b>Pilates</b> (Bookings req. Ph 9392 2288)	 <b>Pilates</b> (Bookings req Ph 9392 2288)	 <b>Pilates</b> (Bookings req Ph 9392 2288.)	 <b>Catherine</b>			