











WORLD GYM[®] CHULLORA

ALL OUR STUDIO CLASSES ARE NOW LADIES ONLY

Morning Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	 Loren		 Loren				
8:30AM						LES MILLS BODYPUMP Olga	
9:30AM	BOXING fitness Deb	PILATES Rana	BOOT CAMP Aaliyah	ABT Caroline	 Dora	BOOT CAMP Reema	
10:00AM				STEP Caroline			
10:30AM	STRENGTH ABT Deb	 Stacey	 Aaliyah			 Maria/Bridget	

Evening Classes

5:30PM	 Stacey	LES MILLS BODYBALANCE Emma	 Dora	LES MILLS BODYPUMP Andrea			
6:30PM	LES MILLS BODYPUMP Olga	 Emma		 Stacey			
7:30PM	BOXING fitness Reema						

ALL FUNCTIONAL CLASSES ARE OPEN TO ALL ON THE GYM FLOOR (Downstairs next to back stairs)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30PM							
6:30PM			BOOT CAMP Khalil		BOOT CAMP Khalil		
7:30PM		HIIT Khalil	BOXING fitness Kevin				
8:00PM		ABT Khalil					