**New Moi - Weekly Group Fitness Class Timetable September 2016**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday |  |  |  |  |  | PIYO**18.30-19.15**Copthorne Sports Pavilion | LBT**19.30-20.15**Copthorne Sports Pavilion |  |
| Tuesday |  |  |  |  |  |  | SPIN**19.20-19.50**The Fitness Hub |  |
| Wednesday |  |  |  |  |  |  | PIYO**19.05-19.50**The Fitness Hub |  |
| Thursday |  |  |  |  |  |  |  |  |
| Friday |  | PIYO**9.15–10.00** Copthorne Sports Pavilion | LBT**10.15–11.00**Copthorne Sports Pavilion |  |  | SPIN**18.30-19.00**The Fitness Hub | PIYO**19.00-19.30**The Fitness Hub |  |
| Saturday |  |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |