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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |  |  |