

Staffed Hours

Monday & Wednesday: 5.30am to 11am & 2.30pm to 6.30pm

Tuesday & Thursday: 8am to 11am & 2.30pm to 6.30pm

Friday: 5.30am to 11am

Saturday: 8am to 11am



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	KorFit (Luke)	KorFit (Amanda)	KorFit (Luke)	KorFit (Amanda)	KorFit (Sharvn)	
8:15 AM						Pilates (Cheryl)
9:30 AM	KorFit Strength (Luke)	KorFit Strength/ Squats (Luke)	KorFit (Luke)	KorFit Strength/ Bench (Luke)	KorFit Gym Help (Luke)	
10:00 AM						Zumba (Monique)
5:00 PM	Boxing (Sharvn)					
5:30 PM	KorFit (Amanda)	Boxing (Sharvn)	KorFit (Amanda)			
6:00 PM				KorFit (Sharvn)		
6:15 PM	Zumba (Shannon)	Yoga (Noelene)	Zumba (Aisha/Monique)			