

Find the class that suits your lifestyle



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am	9.30-10.15 2 Spin&Abs Jo	8.45-9.30 2 Spin Jo	9.30-10.15 2 Spin Jo K	9.30-10.15 2 Spin&Abs Jo	9.30-10.15 2 Spin Jo	9.15 - 10.00 2 Spin Jo K	9.30-10.30 1 Step N Tone Nikki
	9.30-10.30 1 Step N Tone Andrea	9.30-10.30 1 Pump Jo	9.30-10.30 1 Cardiokick Cath	9.30-10.30 1 LBT Andrea	9.30-10.30 1 TriplePlay Andrea		9.30-10.30 2 Spin Cath
DAYTIME 10am till 5pm	10.30-11.15 1 Spin Jo	10.30-11.15 1 Combat Jo	10.30-11.15 1 Spin Kath	10.30-11.30 1 Step N Tone Andrea	10.30-11.15 1 EasyToneAerobics Andrea	10.00-11.00 1 Step N Tone Bev	10.30-11.30 1 Pump Jo K
	10.30-11.15 1 LBT Andrea	11.30-12.30 1 EasyToneAerobics Nikki	10.30-11.30 1 Ashtanga Yoga Cath	11.30-12.30 1 EasyToneAerobics Andrea	11.45-12.30 1 Aqua Jo	11.00-12.00 1 LBT Bev	11.30-12.00 1 AbsBlast Cath
	11.15-12.00 1 Zumba Jo	12.45-1.30 1 Aqua Jo	11.30-12.30 1 Pilates Bev	12.30-1.30 1 Yoga N Tone Bev			12.00-1.00 1 Ashtanga Yoga Cath
	12.00-1.00 1 FreestyleYoga Bev					1.00-2.00 1 BellyDancing Shirley	
EVENING 5pm till 10pm	5.15-6.00 1 Step Clare	5.15-6.00 1 LBT Kim	5.30-6.15 2 Combat Jo	5.15-6.00 1 Pump Jo	5.15-6.00 1 LBT Kim		
	6.00-6.45 2 Spin Kath	6.00-7.00 1 TriplePlay Kim	5.30-6.15 2 Spin Nikki	6.00-6.45 2 Spin Jo	6.00-7.00 1 Yogalates Cath		
	6.00-6.45 1 Aqua Nikki	6.30-7.15 2 Spin Trevor	6.15-7.15 1 Triple Play Nikki	6.00-7.00 1 Circuits Nikki			
	6.00-7.00 1 Pump Natalie	7.00-8.00 1 FreestyleYoga Cath	6.30-7.15 1 Aqua Jo	7.00-7.50 1 Zumba Jo			
	7.00-8.00 1 Combat Natalie		7.15-8.00 1 Pump Jo				
	7.00-7.45 2 Spin Kath						



A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

