

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am	09.30-10.15 Spin Rebecca	07.00-07.45 Spin Michelle	09.30-10.30 Reebok Body Step Kim	08.40-09.25 Spin Rebecca	09.30-10.30 Ki Yoga Tina	09.00-09.45 Spin Erica	09.00-10.00 Spin & Abs Greg
	09.30-10.30 Reebok Body Combat Sam	09.30-10.30 Ki Pilates Michelle		09.30-10.30 Reebok Body Pump Heather	09.30-10.30 Reebok LBT Debbie S	09.30-10.30 Ki Pilates Rebecca	09.30-10.30 Reebok Step Everton
	10.30-11.15 Reebok Body Pump Sam	09.30-10.30 Reebok Body sculpt Abby		09.30-10.30 Spin Rebecca		09.30-10.30 Reebok Body Pump Kay	
		09.30-10.15 Aqua Debbie Q					
DAYTIME 10am till 5pm	10.30-11.30 Ki Pilates Deanna	10.30-11.30 Reebok Zumba Michelle	10.00-11.00 Ki Pilates Tom	10.30-11.30 Ki Pilates Rebecca	10.30-11.30 Ki Yoga Fit* Tina	10.00-10.45 Spin Abby	10.10-10.55 Spin Greg
	10.30-11.30 Spin & Abs Rebecca	10.30-11.30 Ki Tai Chi Anne	11.00-12.00 Ki Yoga Tom	10.30-11.15 Reebok Fab 'n' Fit* Heather	10.45-11.30 Spin Debbie S	10.30-11.30 Ki Pilates Rebecca	10.30-11.30 Reebok Circuits Everton
		15.30-16.30 Ki Yoga Tina	10.45-11.30 Spin Heather	11.30-12.15 Aqua Fit* Heather		10.30-11.30 Reebok Boxercise Jackie N	11.30-12.30 Reebok Street Dance Everton
			12.30-13.15 Aqua Pilates Tom			11.30-12.30 Reebok Zumba Lorraine	16.00-17.00 Ki Yoga Candice
EVENING 5pm till 10pm	17.00-18.00 Ki Yoga Tina	18.00-19.00 Reebok Body Combat Sam	17.30-18.00 Reebok Total Abs Fitness Team	18.00-19.00 Reebok Zumba Lorraine	18.00-18.45 Spin Abby		
	17.30-18.00 Reebok Total Abs CJ	18.00-18.45 Spin Vicky	18.00-19.00 Reebok Body sculpt Everton	18.00-18.45 Spin Michelle	18.00-19.00 Reebok Step Jackie N		
	18.15-18.45 Beginners Spin Mel	19.00-20.00 Reebok Body Step Sam	18.45-19.30 Spin Erica	19.00-20.00 Ki Beginners Yoga Tina			
	18.00-18.45 Reebok Zumba Monika	19.00-19.45 Spin Vicky	19.00-20.00 Reebok LBT Everton	19.00-19.45 Spin Michelle			
	18.00-19.00 Ki Yoga Tina	20.00-21.00 Ki Pilates Vicky	19.30-20.15 Beg Spin Erica	19.00-20.00 Reebok Body Pump Casper			
	19.00-19.45 Spin Mel		20.00-21.00 Reebok Combat Everton	20.00-21.00 Reebok Kick Boxing Andy			
	19.00-20.00 Reebok Circuits Greg		20.00-21.00 Ki Adv Kick Boxing Andy	20.00-21.00 Ki Yoga Tina			
	19.15-20.00 Aqua Heather						
20.00-21.00 Reebok Body Pump Greg							



**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.

Fit\* Classes suitable for novice members or members with restrictive movements.

\*\* This Class is aimed towards beginners/novice members.