

## TIMETABLE

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MON	TUE	WED	THUR	FRI	SAT	SUN
9:15-10:15am Zumba Stella	9.15-10:15am Step Terri	9.15-10:00am Legs' Tums & Bums Courtney	9.15-10:15am Aerotone Terri	9:00-9:45am Step 'n' Sculpt Terri	9.00-9:45am Spinning Paul	9.30-10:15am Pilates Nadia
9:15-10:00am Aquacise Bev		10:45-11:45 Zumba Stella				
10.15-11:15am Yoga Lindsay	10.15-11:00am Pilates Nadia	10.45-11:45am Yoga Trish		10.00-11:00am Yoga Trish	10:00-10.45am Kettlebells Paul	10.15-11:00am Pilates Nadia
	11:00-11:45am Pilates Nadia			11.15-12:15am Zumba Bev	11:00-11:30am Express Spin Paul	
2:00-2:50pm Aquacise Bev				2.00-2:50pm Aquacise Bev		
			5.45-6:30pm Pilates Nadia			
6:00-6:45pm Spinning Paul		6:00-7:00pm Yoga Sally	6.00-6:30pm Express Spin Paul	6:00pm-6:45pm Zumba Katie		
6.00-6:45pm Metaburn James	6.00-6:45pm Old School Aerobics Julia	6.00-6:45pm HIIT James	6.30-7:15pm Pilates Nadia			
6.45-7:15pm Abs Blast Paul	6.45-7:30pm Body Tone Julia	7.00-7:50pm Aquacise Bev	6.30-7:00pm Kettlebell HIIT Paul			
7:15-8:45pm Express Spin Paul	6:30-7:30 Yoga & Meditation Sally	7.15-8:00pm Zumba Stella	7:00-7:30pm Express Spin Paul			

 Additional Classes

Late cancellations and no shows will incur a one week booking ban