

































GROUP FITNESS TIMETABLE EFFECTIVE 2nd January 2019

TIME	MON	TUES	WED	THURS	FRI	SAT Please note start times
6.30 AM	 YOGA (21) Amber	 CIRCUIT (21) Sally	 BODYPUMP (17) Sonya	 YOGA (21) Amber	 CIRCUIT (21) Lee	
7:30 AM	 BODYPUMP (17) Patsy					8.00am
9.00 AM	 YOGALATES (21) Carolyn	 ZUMBA (20) Nella	 BODYBALANCE (21) Patsy	 BOOTY BARRE Carolyn (16)	 BODYPUMP (17) Chad	 YOGA (21) Wolfie
				 AQUA (30) Katie	 AQUA (30) Katie	
10.00 AM	 YOGALATES (21) Carolyn	 STRETCH & FLEX Katie(21)	 CHIBALL (16) Cherryle	 YOGALATES (21) Carolyn	 BODYBALANCE (21) Patsy	 CIRCUIT (21) Luke
		 AQUA (30) Cherryle	 AQUA (30) Carolyn			
11.00 AM	 Aqua (30) Pia	 STRETCH & FLEX (21) Katie			 CHIBALL (16) Cherryle	<i>Please respect others, arrive early so the class is not disturbed.</i>
	 CIRCUIT (21) Lee					
5.15 PM	 STRETCH & FLEX (21) Katie	 Total Body (21) Lee	 BODYPUMP (17) Patsy	 YOGA (21) Adhi		
6.15 PM		 YOGA (21) Mandy	6:30PM  BELLY DANCING** Helena 0451063731			