

# CLASS TIMETABLE

## MONDAY

7.00-7.30AM	CORE CONDITIONING	<input type="checkbox"/>	(ALL)
9.30-10.30AM	DANCE FOR FITNESS	S1	(ALL)
10.30-11.00AM	SPIN EXPRESS		(ALL)
11.00-11.30AM	RIG FIT	<input type="checkbox"/>	(ALL)
10.30-12.00PM	YOGA	S1	(ALL)
5.30-6.00PM	BOX FIT	S2	(ALL)
5.45-7.00PM	YOGA	S1	(ALL)
6.00-6.45PM	AQUA		(ALL)
6.00-6.45PM	LATIN FIT	S2	(ALL)
6.05-6.35PM	SPIN EXPRESS		(B/INT)
6.35-7.20PM	SPIN EXPRESS		(INT/ADV)
7.00 - 7.45PM	POUND	S2	(ALL)

## WEDNESDAY

9.30-10.30AM	BODY BLAST	S2	(INT)
10.30-12.00PM	YOGA	S1	(ALL)
10.45-11.15AM	BOUNCE FIT	S2	(ALL)
5.30-6.00PM	SHE CAN BOX	S2	(ALL)
6.00-6.45PM	AQUA		(ALL)
6.00-6.45PM	STEP 'N'TONE	S2	(INT)
6.05-6.45PM	RIG FIT	<input type="checkbox"/>	(ALL)
6.30-7.15PM	PILATES	S1	(ALL)
6.50-7.20PM	BOSU FIT	S2	(ALL)
7.15-8.00PM	PILATES	S1	(ALL)

## FRIDAY

7.00-7.30AM	EARLY BIRD SPINNING		(ALL)
9.15-10.00AM	ZUMBA	S2	(ALL)
10.15-10.45AM	KETTLEWORK	S2	(ALL)
11.15-12.00AM	AQUA		(ALL)
SATURDAY			
10.00-11.00AM	CIRCUIT TRAINING	S2	(ALL)

## TUESDAY

7.00-7.30AM	EARLY BIRD SPINNING		(ALL)
9.30-10.15AM	CORE CONDITIONING	S1	(ALL)
10.30-11.30AM	LATIN FUSION	S1	(ALL)
1.00-1.45PM	AQUA		(ALL)
5.30-6.00PM	BOX FIT	S2	(ALL)
6.00-6.30PM	KETTLEWORK	S2	(ALL)
6.35-7.35PM	20/20/20	S2	(ALL)
6.35-7.05PM	SPIN EXPRESS		(ALL)
7.35-8.35PM	CIRCUIT TRAINING	S2	(INT/ADV)

## THURSDAY

7.00-7.30PM	EARLY BIRD SPINNING		(ALL)
9.15-10.00PM	CORE CONDITIONING	S1	(ALL)
9.30-10.15AM	POUND	S2	(ALL)
10.30-11.15AM	YOUNG AT HEART	S1	(ALL)
12.00-12.45PM	AQUA		(ALL)
5.30-7.00PM	YOGA	S1	(ALL)
5.30-6.00PM	BOUNCE FIT	S2	(ALL)
6.00-6.30PM	BOUNCE FIT	S2	(ALL)
6.00-6.30PM	SUSPENSION TRAINING	<input type="checkbox"/>	(ALL)
6.05-6.35PM	SPIN EXPRESS		(B/INT)
6.35-7.20PM	SPIN EXPRESS		(INT/ADV)
6.35-7.35PM	20/20/20	S2	(ALL)

## SUNDAY

10.00-10.30AM	BOUNCE FIT	S2	(INT/ADV)
10.30-11.00AM	HIIT	S2	(INT/ADV)
11.00-11.30AM	HIPS BUMS TUMS	S2	(ALL)

	RELAX
	IMPROVE FITNESS
	TONE & STRENGTHEN

All	All Abilities
B	Beginners
Int	Intermediate
Adv	Advanced
S1	STUDIO 1
S2	STUDIO 2
<input type="checkbox"/>	FUNCTIONAL TRAINING ZONE
	SPINNING ZONE
	POOL

