

Class Timetable

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p><u>Spinning</u> 9.30am-10am</p> <p>15min Boot Camp 10.00 – 10.15</p> <p><u>Aqua Aerobics</u> 10.15 -11.00</p>	<p><u>Beginner Spinning</u> 9.15-9.30am</p> <p><u>Spinning</u> 9.35 - 10.05</p> <p><u>Fitball</u> 10.15 - 10.45</p>	<p><u>Step & Sculpt</u> 9.30am-10am</p> <p>15min Boot Camp 10.00 – 10.15</p> <p><u>Aqua Aerobics</u> 10.15 - 11.00</p>	<p><u>Beginner Spinning</u> 9.15-9.30am</p> <p><u>Spinning</u> 9.35 - 10.05</p> <p><u>Power Ball</u> 10.15 - 10.45</p>	<p><u>Circuit Training</u> 9.30am - 10.10am</p> <p><u>Aqua Aerobics</u> 10.15 - 11.00</p>	<p>*** New Class ***</p> <p><u>Boot Camp</u> 9.00 – 10.15</p> <p><u>Sunday</u></p> <p><u>Teen Gym</u> 1100-1200</p>
<u>Kids Lessons</u> <u>3.30pm-6pm</u>	<u>Kids Lessons</u> <u>3.30pm-6pm</u>	<u>Kids Lessons 3.30pm-</u> <u>6pm</u>	<u>Kids Lessons</u> <u>3.30pm-6pm</u>		
<p><u>Spinning</u> 7pm- 7.40pm</p> <p>Abs Blast 7.45 – 8.00</p> <p><u>Body Conditioning</u> 8pm-8.40pm</p>	<p><u>Step & Sculpt</u> 7pm--7.30pm</p> <p>Bums n Tums 7.30 – 7.40</p> <p><u>Aqua Aerobics</u> 7.40pm-8.25pm</p>	<p><u>Spinning</u> 7pm-7.45pm</p> <p><u>Gut Buster</u> 7.45-8.00pm</p> <p><u>Fitball</u> 8.00 – 8.30</p>	<p><u>Circuit Training</u> 7pm-7.30pm</p> <p>Bums n Tums 7.30 – 7.40</p> <p><u>Aqua Aerobics</u> 7.40pm-8.25pm</p>	<p><u>Kids Fit</u> 5.00 – 6.00</p> <p><u>Beginner Spinning</u> 6.45 -7.00 pm</p> <p><u>Spinning</u> 7pm - 7.45pm</p> <p>Abs Blast 7.45 – 8.00</p>	<p>New Classes this Month Teen Gym Kids Fit Boot Camp</p> <p>Classes Coming in February</p> <p>Running Club Weight Busters</p>

*** New and improved Classes ***