

Class Timetable

Monday

9:30 - 10:30	Circuits	Catherine
10:45 - 11:30	Pilates	Manous
14:15 - 15:15	Aqua (Low Intensity)	Leanne
18:15 - 19:00	Studio Spin	Dylan

Tuesday

9:30 - 10:15	Zumba	Sam
10:30 - 11:15	Yogalates	Sam
17:30 - 18:15	Tai Chi/Qi Gong	Rahul
18:15 - 19:15	Body Pump Les Mills	Joph

Wednesday

8:40 - 9:25	Strength Development	Vicky
9:30 - 10:15	Body Balance	Vicky
10:30 - 11:30	Zumba	Lana
11:20 - 12:05	Yogalates	Lana
12:30 - 13:15	Adjusted Aqua Aerobics	Eva
18:00 - 19:00	Body Combat Les Mills	Shane
19:15 - 20:00	Flow Yoga	Rahul

Thursday

9:15 - 10:15	Yoga	Rahul
10:30 - 11:15	Aqua	Evelyn
10:35 - 11:20	Cardio Workout	Catherine
11:30 - 12:15	Stretch & Tone	Catherine
18:15 - 19:15	Body Pump Les Mills	Joph

Friday

9:15 - 10:00	Shapes Les Mills	Vicky
10:15 - 11:10	Body Pump Les Mills	Vicky
11:15 - 12:15	Body Balance Les Mills	Vicky
13:00 - 13:45	Kundalini Yoga	Carla
13:45 - 14:30	Yinn Yoga	Carla

Saturday

10:15 - 11:30	Zumba	Mona
10:45 - 11:45	Pilates	Mona

Sunday

9:00 - 9:45	Studio Spin	Joph
10:00 - 11:00	Body Pump Les Mills	Joph