

DAY	START TIME	CLASS	INSTRUCTOR
Mon	7.15am-8.00am	BODY PUMP	Sonya
-	9.30am-10.30am	BUMS, LEGS & TUMS	Sonya
-	10.30am-11.30am	FITNESS PILATES	Sonya
-	6.00pm-7.00pm	BODY PUMP	Alan
-	7.00pm-8.00pm	BODY COMBAT	Wayne
-	8.00pm-9.00pm	AQUAFIT	Gwen
Tue	9.30am-10.30am	CIRCUITS	Dave
-	10.30am-11.30am	BODY COMBAT	Gwen
-	11.00am-12.00pm	AQUACISE	Carol
-	11.30am-12.30pm	FITNESS YOGA	Gwen
-	6.00pm-7.00pm	FITNESS PILATES	Sonya
-	7.00pm-8.00pm	HI / LO AEROBICS	Sonya
-	8.00pm-9.00pm	BODY PUMP	Liam
Wed	9.30am-10.30am	STEP INTERVALS	Gwen
-	10.30am-11.30am	FITNESS PILATES	Gwen
-	11.45am-12.45pm	BODY PUMP	Liam
-	6.00pm-7.00pm	FITNESS YOGA	Gwen
-	7.00pm-8.00pm	BODY COMBAT	Wayne
-	8.00pm-9.00pm	BUMS, LEGS & TUMS	Robyn
Thur	9.30am-10.30am	AQUAFIT	Sonya
-	10.45am-11.45am	BODY PUMP	Alan
-	12.00pm-1.00pm	FITNESS YOGA	Sonya
-	6.00pm-7.00pm	FITNESS YOGALATES	Sonya
-	7.00pm-8.00pm	BODY PUMP	Sonya
-	8.00pm-9.00pm	CIRCUITS	Dave
Fri	9.30am-10.30am	TOTAL BODY WORKOUT	Robyn
-	6.00pm-7.00pm	BODY COMBAT	Robyn
Sun	10.00am-11.00am	BODY PUMP	Alan
	11.00am-12.00pm	BODY COMBAT	Wayne

**Commencing:
2nd January 2008**