

Class Timetable 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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9:30-10:00am	10:00 - 11:00am	10:00 - 11:00am
Body Tone	*Aerobics/Steps	Zumba
Veronika	Debs	Spencer

10:00 - 11:00am	10:00-11:00am
Steps	Power Hour
Debs/Rachel	Rory

6:00 - 7:00pm	6:00 - 7:00pm	6:00 - 7:00pm
Boxercise	*Aerobics/Steps	Zumba
Aiden	Rachel	Spencer

7:00 - 8:00pm	7:00 - 8:00pm
Stretch Pilates	Push & Lift
Penny	Rory

7:00 - 8:00pm	7.00 - 7.30pm
Box-Fit	Ab-Attack
Vicky	Veronika

8.00 - 9:00pm
Body Focus
Rory



* Please note that there will be a Step class instead of Aerobics every other week so please check with reception