



























****Fitness Studio Timetable – 22/01/2010****

	MON	TUE	WED	THUR	FRI	SAT	SUN
6am	Spin	Spin	Spin	Spin			
	Cross Fit / Boxing						
8.30am							
						Spin	
9.30			Cross Fit	Spin	 #9.15am		
				Pilates			
10.30	Older & Bolder		Krazy Kids (2-5 year olds)	AQUA	 #10.15am	Yoga	Pilates
				Mum & Bub Pilates			
12.15pm		Tum Hips Thighs EXPRESS 45min class		 EXPRESS 45min class			
4.30pm		Yoga	Teens				
5.30pm					Cross Fit / Boxing		
			Spin	 1:15 class!			
6.30pm				BOXING			
	Spin	Spin					
7.30pm		Pilates		Yoga			