



















****Fitness Studio Timetable – Starting 24/10/2011****

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	SPIN & ABS (Bianca)	 (Bron) SPIN (Jamie-Lee)	BOXING (Simon)	SPIN & ABS (Damo)	SPIN (Simon)  (Bron)	SMASH n SWEAT 7.30am (Simon) PILATES 8.00am (Karen)	
						 8.30am (Susan)	
9.30am	 (Jess)	 (Megs)	 (Jess)	PILATES (Karen)	 (Karen)	 (Susan)	SPIN & BOXING 90 MINUTES
10.30am	OLDER & BOLDER (Simon)	 (Karina)	OLDER & BOLDER (Karen)	MUM n BUB PILATES (Karen)	AQUA (Karen)	YOGA (Bill)	
		YOGA 4.30pm (Bill)		YOGA 4.45pm (Bill)			
5.30pm	 (Allison)	THT (Karen)	 (Gill) SPIN (Jamie -Lee)	 half  half 6.00pm (Susan)	BOXING 6.00pm (Simon)		
6.30pm	SPIN (Simon)  (Karen)	SPIN (Ali)  half  half (Jess)	 (Bron)	SMASH n SWEAT 7.00pm (Simon)			
7.30pm	 (Gill)	PILATES (Ali)					



Creche available Monday, Wednesday & Friday, Bookings essential, \$6 per 1 hour session
Older & Bolder \$4 & Aqua \$6 non-members, all other classes are \$12 non-members for casual visits