

# Class Timetable

Sample Class Timetable 2018

DAYS	TIME	CLASS	VENUE	INSTRUCTOR
MONDAY	09.30-10.00	Spin Express	Studio	Gym Team
	10.00-11.30	Nordic Walking	Outdoor	Gym Team
	10.15-11.00	Strength & Con	Studio	Gym Team
	11.00-11.30	Foam Roller	Studio	Gym Team
	17.30-18.00	Gym HIIT	Gym	Gym Team
	18.00-18.45	Boxfit	Studio	Gym Team
	19.00-20.00	Pilates	Studio	Rachel
TUESDAY	09.30-10.15	Bounce Circuit	Studio	Gym Team
	10.15-11.00	Fitball	Studio	Gym Team
	11.15-12.00	Meditation	Studio	Kate
	11.15-11.45	Aqua Express	Pool	Gym Team
	17.45-18.30	Cardio Combat	Studio	Michelle
	18.30-19.15	Pump FX	Studio	Michelle
	WEDNESDAY	09.30-10.15	Step	Studio
10.15-11.00		Legs, Bums & Tums	Studio	Michelle
11.00-12.30		Yoga	Studio	Kerri
17.45-18.15		Spin Express	Gym	Gym Team
18.30-19.30		Dru Yoga	Studio	Kerri
THURSDAY	09.00-09.30	Kinesis Shape	Kinesis Studio	Gym Team
	09.30-10.15	Kinesis Core	Kinesis Studio	Gym Team
	09.30-10.15	Latin Line	Studio	Sue
	10.15-11.00	Keep Fit	Studio	Sue
	11.00-12.00	Beginners Pilates	Studio	Sue
	18.00-18.45	Pump FX	Studio	Michelle
	18.45-19.45	Perfect Balance	Studio	Michelle
FRIDAY	09.30-10.00	Gym HIIT	Gym	Gym Team
	10.00-10.45	Urban Bounce	Studio	Lisa
	11.00-12.00	Pump FX	Studio	Lisa
	12.00-12.30	Aqua Express	Pool	Gym Team
SATURDAY	09.30-10.15	Cardio Combat	Studio	Michelle
	10.15-11.15	Perfect Balance	Studio	Michelle
SUNDAY	10.00-10.30	Gym HIIT	Gym	Gym Team
	10.30-11.00	Foam Roller	Studio	Gym Team

