

# Class Timetable

Sample Class Timetable 2019

| 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   |
|           | 17.30-18.00 | Skill Fit         | 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       |
|           | 11.15-12.00 | Aqua              | Pool           | Gym Team   |
|           | 17.45-18.30 | Cardio Combat     | Studio         | Michelle   |
|           | 18.30-19.15 | Body Sculpt       | Studio         | Michelle   |
| WEDNESDAY | 09.30-10.15 | Step              | Studio         | Michelle   |
|           | 10.15-11.00 | Legs, Bums & Tums | Studio         | Michelle   |
|           | 11.00-12.00 | Yoga              | Studio         | Kerri      |
|           | 14.15-15.00 | Kinesis Core      | Kinesis Studio | Gym Team   |
|           | 18.00-18.30 | Spinning          | Studio         | Gym Team   |
|           | 18.35-19.35 | Dru Yoga          | Studio         | Kerri      |
| THURSDAY  | 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 | Pilates Beginners | Studio         | Sue        |
|           | 18.00-18.45 | Body Sculpt       | Studio         | Michelle   |
|           | 18.45-19.45 | Yogalates         | Studio         | Michelle   |
| FRIDAY    | 09.30-10.00 | Skill Fit         | Gym            | Gym Team   |
|           | 10.00-10.45 | Urban Bounce      | Studio         | Lisa       |
|           | 10.50-11.35 | Body Sculpt       | Studio         | Lisa       |
|           | 11.00-11.45 | Aqua              | Pool           | Gym Team   |
| SATURDAY  | 09.30-10.15 | Cardio Combat     | Studio         | Michelle   |
|           | 10.15-11.15 | Yogalates         | Studio         | Michelle   |
| SUNDAY    | 10.00-10.45 | Kinesis Core      | Kinesis Studio | Gym Team   |

