

Class Timetable

Commencing Monday 5th October 2020

DAYS	TIME	CLASS	VENUE	INSTRUCTOR
MONDAY	9.30-10.15	Strength & Conditioning	Studio	Gym Team
	10.30-11.00	Studio Cycle	Studio	Gym Team
	18.00-18.45	Spin Fit	Studio	Michelle
	19.00-19.45	Yogalates	Studio	Michelle
TUESDAY	9.30-10.15	Bounce	Studio	Gym Team
	10.30-11.15	Fitball	Studio	Gym Team
	14.00-14.30	Kinesis Shape	Kinesis Studio	Gym Team
	17.45-18.30	Step	Studio	Michelle
	18.45-19.30	Body sculpt	Studio	Michelle
WEDNESDAY	9.15-10.00	Step	Studio	Michelle
	10.15-11.00	Legs, Bums & Tums	Studio	Michelle
	11.15-12.15	Yoga	Studio	Michelle
	18.00-18.30	Studio Cycle	Studio	Gym Team
	18.45-19.30	Core & Flex	Studio	Gym Team
THURSDAY	10.00-11.00	Pilates	Studio	Sue
	11.15-12.15	Pilates	Studio	Sue
	14.00-14.30	Kinesis Core	Kinesis Studio	Gym Team
	17.45-18.30	Legs, Bums & Tums	Studio	Michelle
	18.45-19.30	Yogalates	Studio	Michelle
FRIDAY	9.30-10.15	Body Sculpt	Studio	Lisa
	10.30-11.00	Urban Bounce	Studio	Lisa

