

Class Timetable

Commencing Monday 31st August 2020

DAYS	TIME	CLASS	VENUE	INSTRUCTOR
MONDAY	9.30-10.15	Strength & Conditioning	Studio	Gym Team
	10.45-11.15	Studio Cycle	Studio	Gym Team
	18.00-18.45	AMRAP	Studio	Gym Team
	19.15-19.45	Stretch & Flex	Studio	Gym Team
TUESDAY	9.30-10.15	Bounce	Studio	Gym Team
	10.45-11.30	Core & Flex	Studio	Gym Team
	14.00-14.30	Kinesis Shape	Kinesis Studios	Gym Team
	18.00-18.45	Body Sculpt	Studio	Michelle
	19.15-20.00	Legs, Bums & Tums	Studio	Michelle
WEDNESDAY	9.30-10.15	Legs, Bums & Tums	Studio	Michelle
	10.30-11.15	Yogalates	Studio	Michelle
	18.00-18.30	Studio Cycle	Studio	Gym Team
	19.00-19.45	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	Studio	Gym Team
	18.00-18.45	Body Sculpt	Studio	Michelle
	19.15-20.00	Yogalates	Studio	Michelle
FRIDAY	9.30-10.15	Strength & Conditioning	Studio	Gym Team
	10.45-11.15	Stretch & Flex	Studio	Gym Team

