

Find the class that suits your lifestyle

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am			07.00-07.45 Gym Spin Gym Team		07.00-07.45 2 Spin Gym Team			
	09.30-10.30 1	Dance Fever Helen	09.45-10.25 1 Blast FX Kim	09.30-10.30 1 Zumba Shirley	09.30-10.15 1 Pump Fx Helen	09.30-10.15 1 LBT Karen Watts	09.30-10.30 2 Pilates Sarah Jane	
	9.30-10.30 2	Stretch & Relax Sarah Jane				9.30-10.30 2 Pilates Anne Michelle		
DAYTIME 10am till 5pm	10.30-11.15 1	Sculpt Helen	10.30-11.15 Pool Aqua Kim	10.30-11.30 Ki Yoga/Pilates Mix Shirley	10.30-11.15 Pool Aqua Helen	10.15-11.00 2 Spin Karen	10.00-11.00 1 Step Adele	10.00-11.00 1 AeroTone Helen
			10.30-11.15 2 Spin Victoria	10.30-11.15 1 LBT Helen	10.30-11.15 2 Spin Claire	10.15-11.00 1 Step Anne Michelle	10.30-11.15 2 Spin Rita	10.00-10.45 2 Spin Lisa
							11.00-11.45 1 LBT Adele	11.00-12.00 1 Pump FX Lisa
							11.00-11.45 Pool	Aqua Helen
EVENING 5pm till 10pm	17.30-18.30 1	Pump Fx Anne Michelle	17.30-18.15 2 Spin Rita	17.30-18.15 1 LBT Adele	17.15-17.30 1 Ab Blast Gym Team	18.00-19.00 1 Team Circuits Jason		
	18.00-18.45 Pool	Aqua Anne Marie	17.30-17.45 1 Ab Blast Helen	17.45-18.30 2 Spin Andy	17.30-18.15 2 Pilates Lisa			
	18.00-18.45 2	Spin Rita	17.45-18.30 1 Step Helen	18.15-19.00 1 Step Adele	17.30-18.30 1 Pump Fx Claire			
	18.30-19.30 1	Step Anne Michelle	18.30-19.30 1 Pump Fx Helen	19.00-20.00 2 Pilates Sarah Jane	18.15-19.00 2 Spin Lisa			
	19.15-20.00 2	Yoga/Pilates Claire K	18.30-19.30 2 Yoga Claire	19.00-19.45 Pool Aqua Adele	18.30-19.30 1 Cardio Attack Claire			
	19.30-20.15 1	LBT Anne Michelle	19.30-20.30 1 Marine Workout Tom	19.30-20.30 1 Boxercise Claire				



A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

SHOP - GYM - SWIM - RELAX