

Find the class that suits your lifestyle

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6.30am till 10am	9.30-10.15 Gym Spin DW Team	9.30-10.30 Ki Studio Yogalates Howard	7.00-7.45 Gym Spin DW Team	9.30-10.15 Gym Spin DW Team	7.00-7.45 Gym Spin Noel	9.00-10.00 Ki Studio Yoga Howard	9.30-10.30 Reebok Boxercise Junior
		9.45-10.45 Reebok Step Alison	9.45-10.30 Reebok LBT Alison	9.00-10.00 Reebok Pump Lauren	9.45-10.45 Ki Studio Stretch & Relax DI	9.45-10.45 Reebok Step Wayne	9.15-10.00 Reebok LBT Amanda	10.00-10.45 Gym Spin Izzy
		10.00-11.00 Ki Studio Beg' Yoga Howard	10.00-10.45 Pool Aqua Hannah	10.00-11.00 Ki Studio Yoga Liz		10.00-10.45 Pool Aqua Izzy	10.00-11.00 Ki Studio Pilates Jo	10.30-11.30 Reebok Zumba Sandra
DAYTIME	10am till 5pm	11.30-12.30 Ki Studio Fitness Pilates Danielle	10.30-11.30 Reebok Tai Chi Col	10.00-11.00 Reebok Salsa Aerobics Lauren	10.30-11.15 Reebok Body Tone Alison	10.30-11.45 Ki Studio Vinyasa-Flow Yoga Louise	10.00-11.00 Reebok Step Wayne	
			1.00-1.45 Gym Spin DW Team	11.15-12.15 Ki Studio Pilates Lynne	10.45-11.45 Ki Studio Pilates Howard		11.00-12.00 Reebok Pump Amanda	
EVENING	5pm till 10pm	5.45-6.30 Reebok LBT Lauren	5.45-6.30 Reebok Aerobics Liz	5.30-6.15 Reebok Body Tone Annabel	5.30-6.30 Ki Studio Pilates Jo	5.45-6.30 Reebok Body Tone Liz		
		6.30-7.30 Reebok Step Wayne	6.30-7.30 Reebok Pump Liz	6.15-7.15 Reebok Step Annabel	5.45-6.30 Reebok Attack Express Nichola	6.00-6.45 Ki Studio Tai Chi Col		
		6.30-7.30 Gym Spin DW Team	6.30-7.30 Ki Studio Beg' Pilates Lauren	6.30-7.15 Gym Spin DW Team	6.30-7.30 Reebok Pump Lauren	6.30-7.30 Reebok Boxercise Junior		
		6.30-7.15 Pool Aqua Amanda	6.45-7.30 Gym Spin DW Team	6.30-7.45 Ki Studio Vinyasa- Flow Yoga Louise	6.30-7.30 Ki Studio Hatha Yoga Lucy	6.45-7.45 Ki Studio Ashtanga Yoga Howard		
		7.30-8.45 Ki Studio Yoga Denise	8.00-8.45 Reebok Dance Fit Jay	7.15-8.00 Reebok Zumba Sandra	6.45-7.30 Gym Spin DW Team			
		7.30-8.30 Reebok Pump Amanda	8.15-9.30 Ki Studio Ashtanga Yoga Howard	7.15-7.45 Gym Circuits DW Team	7.30-8.30 Reebok Street Dance Sarah			
				8.00-9.00 Ki Studio Fitness Pilates Lauren				



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.