

## Monday

9:30 - 10:15	Functional Training	Liam
10:30 - 11:15	Power Conditioning	Claire
11:15 - 12:15	Pilates	Bev
12:30 - 13:30	Yoga	Lynn
13:30 - 14:30	Pilates	Bev
18:30 - 19:30	Body Pump	Katrin
19:30 - 20:30	Body Balance	Katrin

## Tuesday

8:45 - 9:15	Metafit	Mark
9:15 - 10:00	Aqua*	Kim
9:30 - 10:15	Salsacise	Katrin
10:15 - 11:00	Spin	Mark
11:15 - 12:15	Body Balance	Bev
12:15 - 13:15	Pure Stretch	Bev
19:30 - 20:15	Spin	Liam
20:15 - 21:15	Pilates	Kim

## Wednesday

9:15 - 10:00	Power Conditioning	Claire
10:00 - 10:45	Low'n'Go	Kim
11:00 - 12:00	Pilates	Kim
12:00 - 13:00	Pure Stretch	Bev
18:00 - 18:45	Power HIIT	Simon
19:00 - 19:45	Core Fit	Simon

## Thursday

8:45 - 9:15	HIIT	Sam
9:15 - 10:00	Aqua*	Kim
9:30 - 10:15	Tabata & Tone	Claire
10:30 - 11:15	BLT	Bev
11:30 - 12:30	Body Balance	Bev
12:30 - 13:15	Weights & Plates	Emily
13:30 - 14:30	Pilates	Bev
19:00 - 19:45	Spin	Katrina
20:00 - 21:00	Yoga	Denise

## Friday

9:15 - 10:15	Body Pump	Mark
10:20 - 11:05	Spin	Mark
11:15 - 12:00	Weights & Plates	Emily
12:15 - 13:15	Pilates	Kathy
13:15 - 14:15	Yoga	Kathy

## Saturday

8:30 - 9:00	HIIT	Claire
9:00 - 10:00	Power Conditioning	Claire
10:30 - 11:15	Spin	Liam

## Sunday

9:30 - 10:15	Power Conditioning	Claire
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\*Aqua classes will not run during the school holidays.