

Studio Class Timetable

Monday

9.30am - 10.30am	Total Body Workout	Janet
11.00am - 12.00pm	Body Combat	Stacey
6.00pm - 7.00pm	Body Combat	Stacey
7.00pm - 8.00pm	Body Pump	Stacey

Tuesday

09.30am - 10.30am	Hip/Thigh Attack	Kath
11.15am - 12.15pm	Fit 'n' Fine	Kath
5.30pm - 6.15pm	Body Pump	Clare
6.15pm - 7.00pm	Body Shock	Jenny
7.00pm - 8.00pm	BLT: Bums, Legs & Tums	Jenny
8.00pm - 9.00pm	Yoga	Eshranie

Wednesday

9.30am - 10.30am	Total Body Workout	Janet
11.30am - 1.00pm	Cardiac Rehab	Gill
5.00pm - 6.00pm	Tae Kwon Do	Gary
6.00pm - 7.00pm	Body Combat	Sarah
7.00pm - 8.00pm	BLT: Bums, Legs & Tums	Claudette
8.00pm - 9.00pm	Body Pump	Sarah

Thursday

10.00am - 11.00am	Step Aerobics	Claudette
11.15am - 12.15pm	Fit 'n' Fine	Kath
5.00pm - 6.00pm	Street Dance	Stacey
6.00pm - 7.00pm	BLT: Bums, Legs & Tums	Jenny
7.00pm - 8.00pm	Circuit Class	Mike
8.00pm - 9.00pm	Pilates	Joanne

Friday

10.00am - 11.00am	BLT: Bums, Legs & Tums	Claudette
11.00am - 12.00pm	Body Pump	Stacey
5.00pm - 6.00pm	Tae Kwon Do	Gary
6.00pm - 7.00pm	Tae Kwon Do	Gary
7.00pm - 8.00pm	Tae Kwon Do	Gary

Saturday

9.30am - 10.30am	Body Combat	Sarah
10.30am - 11.30am	Step Aerobics	Claire
11.30am - 12.30pm	Street Dance	Stacey
12.30pm - 1.30pm	Street Dance	Stacey

Sunday

11.00am - 12.00pm	Step Aerobics	Jenny
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