

EXERCISE TIMETABLE

2018

EARLY MORNING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
07.00am	Spin Dani	07.00am	Pump Louise	07.00am	Circuits Dani	07.00am	Pump Louise	07.00am	Spin Paddy
08.00am		08.00am		08.00am	Pilates Amanda	08.00am	Yoga-Pilates Jennifer	08.00am	Pilates Laura
08.45am	Abs & Tone Louise	08.45am	Tone & Trim Micheala	08.00am		09.00am		09.00am	

DAYTIME

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
09.30am	Zumba Lindsey	09.30am	Salsacise Micheala	09.15am	Pilates Amanda	09.00am	Tai-Chi Chris	09.00am	Aerotone Louise
10.30am	Legs,Bums&Tums Tracey	10.15am	Tone&Trim Micheala	10.45am	Insanity Micheala	10.00am	Aerotone John	09.45am	Blast Class Louise
11.30am	Pilates Laura	11.00am	Yoga Erica	11.30am	Step Micheala	11.00am	Abs & Bums John	10.30am	Zumba Katie
12.30pm	Zumba Katie	11.15am	Ballroom Dabnce Gary	11.30am	Yoga Erica	11.30am	Move & Groove Micheala	10.30am	Spin Dani
12.30pm		2.00pm		1.00pm		1.00pm	Yoga Kim	11.30am	
1.30pm		3.00pm		2.15pm		2.30pm			
Pool	Pool			Pool	Pool			Pool	Pool
11.30am	Aqua Lynn			10.30am	Aqua Amanda			09.30am	Aqua Amanda
12.15pm				11.15am				10.15am	









WEEKENDS 08:00 - 20:00Hrs

SATURDAY		SUNDAY	
09.00am	Spin John	09.00am	Boot Camp Dani
10.00am	Cardio Kick John	10.00am	Spin Luke
10.45am	Toning John	11.00am	Yoga Mija
11.00am		12.15pm	Ballroom Dance Gary
11.45am		2.00pm	

EVENING

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
6.15pm	Boot Camp John	6.00pm	Fat Loss Jez	5.45pm	Upper Body Blast Micheala	5.30pm	Abs Attack John
7.15pm	Yoga Maxine	7.00pm	Yoga Dawn	6.30pm	Dance Fit Adele	6.00pm	Circuits John
8.30pm		8.30pm		7.30pm	Pump & Tone Louise	7.00pm	Sports Conditioning Paddy
6.15pm	Spin Tracey			8.30pm		8.00pm	
7.00pm		6.15pm	Spin Luke	6.30pm	Spin Louise		
		7.15pm		7.15pm			

KEY

	Aerobic/Cardio		All body workouts
	Resistance		Water Based
	Dance Aerobics		Mind, Strength & Body
	Abs & Toning		Indoor Cycle