

## MON

|               |               |
|---------------|---------------|
| 8am-9am       | PILATES       |
| 9am-9.45am    | AQUA          |
| 9.15am-9.45am | HIT           |
| 10am-10.45am  | CARDIO DANCE  |
| 11am-11.45am  | AQUA          |
| 11am-12pm     | PILATES       |
| 12pm-1pm      | PILATES       |
| 6pm-6.45pm    | STEP AEROBICS |
| 7pm-7.45pm    | AQUA          |
| 7pm-8pm       | BODY BLAST    |
| 8pm-8.45pm    | CLUBBERCISE   |

## TUES

|               |                  |
|---------------|------------------|
| 8am-8.45am    | AQUA             |
| 9.15am-10am   | BODY STRENGTH    |
| 10am-10.45am  | FREESTYLE FUN    |
| 11am-11.45am  | AQUA             |
| 11am-12pm     | YOGA             |
| 12pm-12.45pm  | LEGS,BUMS & TUMS |
| 5.45pm-6.45pm | PILATES          |
| 6.15pm-7pm    | AQUA             |
| 7pm-7.45pm    | ZUMBA            |

## WEDS

|              |                 |
|--------------|-----------------|
| 9.15am-10am  | CORE & STRENGTH |
| 10am-10.45am | EASY DOES IT    |
| 11am-11.45am | AQUA            |
| 11am-12pm    | YOGA            |
| 12pm-12.45pm | BODY STRENGTH   |
| 1pm-1.45pm   | LINE DANCING    |
| 6pm-7pm      | DYNAMIC YOGA    |
| 6pm-6.45pm   | AQUA CIRCUITS   |
| 7pm-8pm      | BODY BLAST      |

## THURS

|                 |                               |
|-----------------|-------------------------------|
| 8am-8.45am      | AQUA                          |
| 9am-9.45am      | LEGS, BUMS & TUMS             |
| 10.15am-10.45am | EXPRESS AQUA                  |
| 11am-12pm       | PILATES                       |
| 12pm-12.45pm    | FUNCTIONAL BALANCE & MOBILITY |
| 6pm-6.45pm      | AQUA CIRCUITS                 |
| 6.45pm-7.30pm   | LINE DANCING                  |

## FRI

|                 |                |
|-----------------|----------------|
| 8.45am-9.25am   | DANCE AEROBICS |
| 9.30am-10.15am  | AQUA CIRCUITS  |
| 9.30am-10.15am  | BOOTCAMP       |
| 10.30am-11.30am | BALL PILATES   |
| 11.30am-12.30pm | YOGA           |

## SAT

|               |               |
|---------------|---------------|
| 8.30am-9.30am | PILATES       |
| 9am-9.45am    | AQUA CIRCUITS |

## SUN

NONE

