

Studio Timetable

MONDAY	CLASS	PLACES	LEVEL
9.35am-10.30am	Retro Aerobics	Max 20 places	Suitable for all
5.35pm-6.15pm	Legs, Bums & Tums	Max 25 places	Suitable for all
6.15pm-7.15pm	Boot Camp New!	Max 28 places	Suitable for all
8.30pm-9.30pm	Boxercise- VENGEANCE	Max 24 places	Advanced
TUESDAY			
12.00 - 12.45pm	Ladyzone Mini Circuits	Max 14 places	Suitable for all
12.45pm - 1.30pm	Pilates	Max 14 spaces	Suitable for all
5.30pm- 6.15pm	BodyJam NEW!	Max 28 places	Suitable for all
6.30pm- 7.30pm	Body Conditioning	Max 20 places	Suitable for all
7.30pm- 8.30pm	Chinese Kickboxing	Max 18 places	Suitable for all
WEDNESDAY			
9.30am - 10.30am	Anything Goes	Max 20 places	Suitable for all
5.35pm- 6.15pm	Legs, Bums & Tums	Max 25 places	Suitable for all
6.30pm- 7.30pm	Running Club	Unlimited	Intermediate

6.15pm - 7.15pm	Aerobatoné	Max 20 places	Suitable for all
-----------------	------------	---------------	------------------

8.15pm- 9.00pm	Pilates	Max 14 places	Suitable for all
----------------	---------	---------------	------------------

THURSDAY

9.35am- 10.30am	Circuits	Max 28 places	Suitable for all
-----------------	----------	---------------	------------------

6.15pm- 7.15pm	Circuits- Extreme	Max 28 places	Advanced
----------------	-------------------	---------------	----------

7.15pm- 8.15pm	Chinese Kickboxing	Max 18 places	Suitable for all
----------------	--------------------	---------------	------------------

8.30pm - 9.30pm	Tai Chi NEW!	Max 18 places	Suitable for all
-----------------	---------------------	---------------	------------------

FRIDAY

9.35am- 10.30am	Retro Aerobics	Max 20 places	Suitable for all
-----------------	----------------	---------------	------------------

6.00pm- 7.00pm	Circuits	Max 18 places	Intermediate
----------------	----------	---------------	--------------

SATURDAY

10am- 11.30am	Anything Goes	Max 20 places	Advanced
---------------	---------------	---------------	----------