

CURRENT CLASS TIMETABLE From 1st February 2012

Monday	<p>Beginners Pilates</p> <p>Wendy</p> <p>5:50 – 6:50pm</p>		<p>20-20-20</p> <p>Jackie</p> <p>5:45- 6:45pm</p>	<p>Aerobics Hi/Lo</p> <p>Studio 2</p> <p>Jackie</p> <p>7:00 – 8:00pm</p>	<p>Body Pump</p> <p>Wendy</p> <p>6:50 – 7:50pm</p>	<p>Psycho Spin</p> <p>Evette</p> <p>6:00 – 7:00pm</p>	<p>Psycho Spin</p> <p>Evette</p> <p>7:00 – 7.45pm</p>	<p>Zumba</p> <p>Leanne</p> <p>8:00 – 9:00pm</p>
Tuesday	<p>Legs Bums Tums</p> <p>Anne Louise</p> <p>5:15 – 6:00pm</p>	<p>Fitball</p> <p>Anne Louise</p> <p>6:00 – 7.00pm</p>	<p>Absolute Ab's</p> <p>Sarah</p> <p>6:00 – 6:30pm</p>	<p>Body Pump</p> <p>Kath</p> <p>6:30 – 7:30pm</p>	<p>Circuits</p> <p>Anne Louise</p> <p>7:30 – 8:30pm</p>		<p>In Style Spin for Beginners</p> <p>Anjana</p> <p>6:00 – 6:45pm</p>	<p>In Style Spinning</p> <p>Anjana</p> <p>7:00 – 7:45pm</p>
Wednesday	<p>Body Pump</p> <p>Kath</p> <p>6:30 – 7:30pm</p>		<p>Zumba</p> <p>Stacey</p> <p>7:30 – 8:30pm</p>				<p>Disco Spin</p> <p>Anjana</p> <p>6:00 – 6:45pm</p>	<p>In Style Spinning</p> <p>Anjana</p> <p>7:00 – 7:45pm</p>
Thursday	<p>Fitball Conditioning</p> <p>Sarah</p> <p>10:30 – 11:30am</p>	<p>Step Pump Tone</p> <p>Jackie</p> <p>5:30 – 6:30pm</p>	<p>20-20-20</p> <p>Jackie</p> <p>6:30 – 7:30pm</p>	<p>Absolute Ab's</p> <p>Sarah</p> <p>6:30 – 7:00pm</p>	<p>Yoga</p> <p>Evette</p> <p>7:15 – 8:45pm</p>	<p>Raw Spin</p> <p>Kath</p> <p>6:00 – 7:00pm</p>		
Friday	<p>In Style Spinning</p> <p>Andy</p> <p>6:00 – 7:00pm</p>							
Saturday	<p>Body Pump</p> <p>Kath</p> <p>9:15 – 10:15am</p>	<p>Absolutes Abs</p> <p>Kath</p> <p>10:15 – 10:45am</p>	<p>In Style Spin</p> <p>Kath</p> <p>10:45 – 11:30am</p>			<p>Yoga</p> <p>Evette</p> <p>11.00 – 12.00</p>		