

CLASS TIMETABLE

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness For All Jordan 10.30-11.15	Aquafit Jess 09.00-09.45	Fitness For All Jordan 10.15-11.00	Aquafit Jess 09.00-09.45	Legs, Bums, Tums Alexander 09.00-09.45	Spin Hour Michelle 09.00-10.00	Legs, Bums, Tums Nathan 10.30-11.15
Abs Solution Jordan 11.15-11.35	Rig Fitness Jordan 10.15-11.00	Kettlebells Jordan 11.00-11.30	Functional Fitness Jordan 10.15-11.00	Strength & Mobility Alexander 10.00-10.45	Judo (Private Class) 09.00	Stretch & Tone Nathan 11.15-12.00
	Strength & Mobility Jordan 11.00-11.30		Stretch & Tone Nathan 11.00-11.45		Rig Fitness Kelly 10.15-11.00	
Spin HITT Michelle 17.30-18.00	Stretch & Tone Nathan 17.30-18.15	Spin HITT Michelle 17.30-18.00	Energize Spin Michelle 17.30-18.15	Pilates/Stretch Kelly 17.15-18.00	Aquafit 15.30-16.15	Kangoo (Private Class) 12.00-13.00
Boxfit Nathan 18.15-19.00		Energize Pump Alexander 18.15-19.00	Core Crusher Kelly 18.30-19.00			
			Kangoo (Private Class) 19.15-20.15			

AFTERNOON / EVENING

INTERVAL
CARDIO
STRENGTH
AQUA
MIND / BODY
CORE