

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuits 9.00-9.25am (SH)	Zumba 10.30-11.15am (S)	Circuits 9.00-9.55am (SH)	Total Tone 10.15-11.15am (SH)	Friday FitCamp 9.10-9.55am (SH)	Spin 9.15-10.00am (S)
Core Conditioning 9.30-9.55am (SH)	Yin Yoga 1.00-2.00pm (S)	Strength & Stretch 9.00-9.55am (S)	MindBody 11.15-12.00pm (S)	50+ Aerobics 10.00-10.45am (SH)	
50+ Aerobics 10.00-10.45am (SH)	Spin 5.30-6.15pm (S)	Spin 6.00-6.45pm (S)	Spin 5.30-6.15pm (S)	Express Spin 1.00-1.30pm (S)	
Hatha Yoga 1.15-2.15pm (S)	Freestyle Fitness Yoga 7.30-8.30pm (S)	Legs, Bums & Tums 7.00-7.45pm (S)	Hatha Yoga 7.30-8.30pm (S)	Spin 6.00-6.45pm (S)	
Spin 5.30-6.15pm (S)				Tai Chi 7.15-8.15pm (SH)	
Fitness Pilates 6.30-7.30pm (S)					
Circuits 7.00-7.55pm (S)					
Fitness Pilates 7.30-8.30pm (S)					
				Location (SH) Sports Hall (S) Studio	

- Calorie Burning
- Muscle Toning & Endurance
- All over body workout
- Re-energise & relax
- Specialist
- Low Impact