

## Current Class Timetable

	Class	Location	Teacher
<b>Monday</b>			
07.00-07.30	Spin	Studio	Kat
07.30-08.00	Spin	Studio	Kat
10.00-10.45	Zumba	Studio	Jeanette
11.00-12.00	Total Body	Studio	Jeanette
18.15-19.15	Zumba	Studio	Jeanette
19.15-20.15	Pilates	Studio	Jeanette
20.30-21.15	Spin	Studio	Kat
<b>Tuesday</b>			
07.00-07.30	Spin	Studio	Majeck
07.30-08.00	Spin	Studio	Majeck
09.30-10.30	Pilates	Studio	Anita
10.30-11.15	Spin	Studio	Anita
18.15-19.00	Stretch & Tone	Studio	Nikki D
19.00-19.45	Stretch & Tone	Studio	Nikki D
12.00-12.45****	LBT	Studio	Nicki R
18.45-19.15	Aquafit	Teaching Pool	Jeanette
19.15-19.45	Aquafit	Teaching Pool	Jeanette
19.45-20.15	Aquafit	Teaching Pool	Jeanette
20.15-21.15	Boxzone	Studio	Jeanette
<b>Wednesday</b>			
10.00-11.00	Stretch & Tone	Studio	Jeanette
11.00-11.45	Spin	Studio	Jeanette
12.00-12.45	Bootcamp	Studio	Nicki R
13.00-14.00	Pilates	Studio	Suzanne Impey
19.00-19.45	Aquafit	Studio	Nikki D
19.00-20.00	Bodyzone	Studio	Jeanette
20.15-21.00	Deep Water Aqua	Main Pool	Jeanette
<b>Thursday</b>			
09.45-10.30	Tone & Stretch	Studio	Nicki R
10.45-11.30	Tone & Stretch	Studio	Nicki R
12.15-13.00	Aquafit	Teaching Pool	Jeanette
13.00-13.30	Spin	Studio	Jeanette
13.30-15.00	50+	Pool & Studio	Jeanette
19.00-20.00	Hi Lo To Go	Studio	Nikki R
20.00-21.00	Pilates	Studio	Nikki R
<b>Friday</b>			
10.00-11.00	Body Zone	Studio	Anita
11.00-12.00	Pilates	Studio	Anita
12.00-13.00	Pilates	Studio	Nikki
12.00-13.00	Zumba	Squash court	Jeanette
<b>Saturday</b>			
10.00-10.45	Spin	Studio	Kat
10.45-11.30	Spin	Studio	Kat
<b>Sunday</b>			
10.00-10.45	Spin	Studio	Max
10.45-11.30	Spin	Studio	Max
11.30-12.30	Boot Camp	Studio	Max