

CURRENT CLASS TIMETABLE From 2nd January 2010

Monday	<p>Beginners Pilates</p> <p>Wendy</p> <p>6:00 – 7:00pm</p>	<p>Aerobics Hi/Lo</p> <p>Studio 2</p> <p>Jackie</p> <p>7:00 – 8:00pm</p>	<p>Legs Bums Tums</p> <p>Matthew</p> <p>5:15- 6:00pm</p>		<p>Body Pump</p> <p>Wendy</p> <p>7:00 – 8:00pm</p>	<p>In Style Spinning</p> <p>Andy</p> <p>6:00 – 7:00pm</p>	<p>In Style Super Spin</p> <p>Mary</p> <p>7:00– 7:45pm</p>	 <p>STUDIO 2</p>
Tuesday	<p>Fitball</p> <p>Anne Louise</p> <p>6:00 – 6:30</p>	<p>Ballet Tone</p> <p>Anne Louise</p> <p>6:30 – 7:30</p>	<p>Absolute Ab's</p> <p>Sarah</p> <p>6:00 – 6:30</p>	<p>Pump FX</p> <p>Steph</p> <p>6:30 – 7:30pm</p>	<p>Pilates</p> <p>Steph</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>In style Spin</p> <p>Anjana</p> <p>7:15 – 8: 00am</p>	<p>Legs Bums Tums</p> <p>Jackie</p> <p>9:30 – 10: 30am</p>	<p>Legs Bums Tums</p> <p>Steph</p> <p>5:15 – 6:15pm</p>	<p>Pilates Studio 2</p> <p>Steph</p> <p>6:15 – 7:00</p>	<p>Body Pump</p> <p>Kath</p> <p>6:30 – 7:30pm</p>	<p>Absolutes Abs</p> <p>Kath</p> <p>7:30 – 8:00pm</p>	<p>In style Spin</p> <p>Wendy</p> <p>5:15 – 6:15pm</p>	<p>In style Spin</p> <p>Wendy</p> <p>6:30-7:15pm</p>
Thursday	<p>Fitball Conditioning</p> <p>Sarah</p> <p>10:30 – 11:30</p>	<p>Step Pump Tone</p> <p>Jackie</p> <p>5:30 – 6:30</p>	<p>Cardio Abs</p> <p>Jackie</p> <p>6:30 – 7:15</p>		<p>Yoga</p> <p>Evette</p> <p>7:15 – 8:45</p>		<p>In Style Spin</p> <p>Matt</p> <p>6:00 – 7:00pm</p>	<p>In Style Spin</p> <p>Matt</p> <p>7:00 – 7:45pm</p>
Friday								
Saturday	<p>Body Pump</p> <p>Kath</p> <p>9:00 – 10:00</p>	<p>Absolutes Abs</p> <p>Kath</p> <p>10:00 – 10:30</p>	<p>Baby Ballet</p> <p>Zoe Cook</p> <p>9:00 – 10:30</p>	<p>Yoga</p> <p>Evette</p> <p>10:30 – 11:30</p>	<p>In Style Spin</p> <p>Kath</p> <p>10:45 – 11:30</p>			