

CURRENT CLASS TIMETABLE From 1st September 2010

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|------------------|---|--|--|--|---|---|---|--|
| Monday | <p>Beginners Pilates</p> <p>Wendy</p> <p>6:00 – 7:00pm</p> | <p>Legs Bums Tums</p> <p>Matthew</p> <p>5:15- 6:00pm</p> | <p>Dance Flexibility</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>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>Andy</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>7:00 – 7: 45am</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>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>5:30 – 6:15pm</p> | <p>In style Spin</p> <p>Wendy</p> <p>6:30-7:30pm</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>Evette</p> <p>6:00 – 7:00pm</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>In Style Spin</p> <p>Kath</p> <p>10:45 – 11:30</p> |  |  |  |