

SEPTEMBER Fitness Class TimeTable 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						CIRCUITS TRAINING 10.30-11.15am
AQUA AEROBICS 11-11:45am	PILATES 11-11:45am	AQUA AEROBICS 11-11:45am	CIRCUIT TRAINING 11-11:45am	STEP & TONE 11-11:45am		
HEART BEAT 12-12:45pm **					KIDS FITNESS BOOT CAMP* 2 – 2.45pm	
PILATES 7-7.45pm	SPINNING 7-7.45pm	CIRCUIT TRAINING 7-7.45pm	SPINNING 7-7.45pm	U/18'S LANE TRAINING 7- 8pm		
AQUA AEROBICS 8-8.45pm	STEP & TONE 8-8:45pm	AQUA AEROBICS 8-8.45pm	STEP & TONE 8-8:45pm			



Time table is subject to change. Please ensure you arrive 10 minutes before a class is due to start. Classes are for 16 yrs and over. * Kids fitness boot camp 8 – 12 yrs. ** Cardiac Hospital referral only.

Thank you