



Exercise Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am - 7.45am	Spin <i>Elaine</i>		Bootcamp <i>Sandra</i>		Spin (6.45 - 7.45) <i>Sandra</i>		
9.30am- 10.00am	TKO / Circuit <i>Maurice</i>	Spin <i>Yvonne</i>	Kettlebells <i>Gary</i>	Core <i>Maurice</i>	Simply Strength <i>Gary</i>		
10.05am - 10.20am	ABS <i>Yvonne</i>	Extreme ABS <i>Yvonne</i>	ABS <i>Gary</i>	ABS <i>Maurice</i>	T.I.F. <i>Gary</i>		
10.30 - 11.00am	Zumba Gold <i>Karla</i>	Super Seniors <i>Amanda</i>	Spin <i>Daniel</i>	Super Seniors <i>Robert</i>	B.L.T. <i>Daniel</i>	Zumba (<i>Heather</i>) 10.30am - 11.15am	
11.00am - 11.45am	Aqua (<i>Emma</i>) 11.20am - 11.50		Aqua Zumba <i>Heather</i> 10.30am - 11.15am	Aqua (<i>Emma</i>) 11.20am		Cross Challenge 11.30am- 12.00pm (<i>Robert</i>)	Blast (<i>Gary</i>) 11.00am- 12.00pm
12.10pm - 12.25pm						ABS <i>(David)</i>	ABS <i>(Daniel)</i>
4.00pm	Total Knockout <i>David</i>		Cross Challenge <i>(Robert)</i>				
5.45pm - 6.00pm	ABS <i>Amanda</i>	Spin (<i>Gary</i>) 5.30 - 6.00pm	ABS <i>(David)</i>	Simply Strength <i>(Daniel)</i> 5.30 - 6.00pm	Core Fusion <i>Maurice</i>		
6.15pm - 6.45pm	Extreme Kettlebells <i>Advanced (Gary)</i>	Flex N' Core Adv <i>Robert</i> - 6.10-6.50pm	Begin to Spin <i>Amanda</i>	Zumba <i>Heather</i> 6.10 - 6.55pm	T.K.O. Circuit <i>David</i> 6.30 - 7.15pm		
7.00pm - 7.50pm	Spin <i>Advanced (Mary)</i>	Cross Challenge <i>(Yvonne)</i>	Total Knockout <i>David</i>	Spin Mix <i>Yvonne</i>			
7.10pm - 7.50pm		Aqua <i>(Karla)</i>					
8.00pm - 8.50pm	Zumba <i>(Heather)</i>	Kettlebell Circuit <i>(Yvonne)</i>	Hour of Power <i>Advanced (Maurice)</i>	Core <i>(Yvonne)</i> 8.00 - 8.30pm			
8.30pm - 9.20pm				Kick Fit <i>(Gerard)</i>			
9.00pm - 9.15pm	ABS <i>Robert</i>	ABS <i>Maurice</i>	ABS <i>Amanda</i>				

