



Exercise Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am - 7.45am	Spin		Spin		Spin (6.45 - 7.45)		
9.30am- 10.00am	Boot Camp	Total Knockout	Step	Spin	Friday Blast 10.00am - 10.50am		
10.05am - 10.20am	ABS	ABS	ABS	ABS			
10.30 - 11.00am	Zumba Gold	Core	Aqua Zumba	50+		Zumba 10.30am - 11.15am	
11.00am - 11.45am	Aqua 11.20am		Kettlebells 10.30am - 11.00am	Aqua 11.20am	ABS 11.00am- 11.15am	Total Knockout 11.30am- 12.00pm	Spin & Trim 11.00am- 12.00pm
4.00pm						ABS (12.10pm)	ABS (12.10pm)
5.45pm - 6.00pm	ABS	ABS	ABS	ABS	ABS		
6.15pm - 6.45pm	Core Flex Advanced 6.10 - 7.00pm	Kettlebells	Core	Zumba 6.10 - 7.00pm	Total Knockout 6.15am- 7.00pm		
7.00pm- 7.50pm	Spin Sport	Total Knockout	Spin Fit	Boot Camp			
7.10pm - 7.50pm		Aqua					
8.00pm - 8.50pm	Zumba	Spin Start 8.00pm - 8.30pm	Kettlebells	Body Reps 8.00pm - 8.30pm	ABS 8.15pm - 8.30pm		
8.30pm - 9.20pm				Kick Fit			
9.00pm - 9.15pm	ABS	ABS	ABS	ABS Pilates Studio			

