

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 - 09:00 Water Workout Leah	08:00 - 08:45 Pilates Matt Riding	08:30 - 09:00 Aqua Tone Mark	06:45 - 07:30 Aerobic Conditioning Kaye			
09:15 - 09:45 LBT Leah	09:15 - 09:45 Water Workout Leah	09:15 - 10:00 Pump Kaye	08:30 - 09:00 Water Workout Mark	08:30 - 09:00 Aqua Tone Leah	08:45 - 09:15 Body Sculpt Leah	
10:00 - 10.45 Yoga Matt Riding	09:15 - 10:00 Aerobic Conditioning Kaye	09:30 - 10:00 Aqua Tone Mark	09:30 - 10:00 Gym Induction* Mark	09:15 - 09:45 Body Pump Leah	09:30 - 10:00 Spin Leah	
	10:00 - 10:30 LBT Leah		09:30 - 10:00 Water Workout Kaye	10:00 - 10:45 Aerobic Conditioning Kaye	10:30 - 11:00 LBT Leah	
			09:45 - 10:30 Pilates Helen			
	14:30 - 15:00 Gym Induction* Leah		10:45 - 11:30 Pump Kaye			
	17:15 - 17:45 Pump Mark		17:15 - 18:00 Yoga Helen			17:00 - 17:30 Gym Induction* Leah
18:15 - 18:45 Aerobic Conditioning Kaye	18:00 - 18:30 Spin Mark	18:00 - 18:45 Circuits Mark	18:00 - 19:00 Yoga Helen			
19:00 - 19:30 Pump Kaye	19:00 - 19:30 Water Workout Mark	19:00 - 19:30 Spin Mark				

* Gym Induction for new and existing members