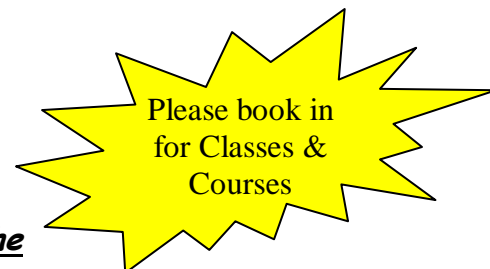
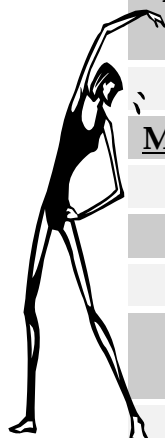


# CLASS TIMETABLE (Dec - May)

Effective From November 28th 2011



All classes are included in your membership with the exception of the courses marked with an \* and swim lessons.



DAY	TIME	POOL	CYCLE STUDIO	AEROBICS STUDIO
<b>Mon</b>	9.30-10.15am			TRX Suspension Training
	10.30-11am			Active 50+ - Studio
	11.15-12noon	Active 50+ Aqua		
	7pm-7.45pm			TRX Suspension Training
	8-9pm		Cycle Reebok & Abs	
<b>Tues</b>	9.30-10.30am			Zumba*
	7.15- 8 pm	Aqua Splash		
	7.15- 8pm			Beginners Pilates*
	8-9pm			Intermed Pilates*
<b>Wed</b>	9.30-10.15am			Instructors Choice
	10.30-11.15am	Aqua Splash		
	8-9pm		Cycle Reebok & Abs	
	7pm-7.45pm			TRX Suspension Training
<b>Thurs</b>	9.15-10.15am			Intermed Pilates*
	11-11.45am			Beginners Pilates*
	7pm-7.45pm			TRX Suspension Training
	8 -8.45pm			TRX Suspension Training
<b>Fri</b>	9.30am - 10am		Cycle Reebok	
	10-10.15am			Ab Attack
	10.30-11.15am	Aqua Splash		
	6.30-8pm			Yoga Course*
	6.45-7.30pm		Cycle Reebok (no abs)	
<b>Sat</b>	9.30-10.30am			Zumba*

