

Fitness Timetable

26 - 28 July



| <u>MONDAY</u> | <u>TIME</u> | <u>CLASS</u> | <u>LEVEL</u> | <u>INSTRUCTOR</u> | <u>VENUE</u> |
|------------------|---------------|--------------------------------|--------------|-------------------|------------------------|
| <u>26-Jul</u> | 7.05-8.00AM | BODYPUMP | (ALL) | STEPH | FS |
| | 9.30-10.30AM | BODY BALANCE | (ALL) | YVETTE | FS |
| | 9.30-10.30AM | SPINNING | (ALL) | JUSTINE | SPIN STUDIO |
| | 10.30-11.30AM | BEG AEROBICS | (B) | ANDY | FS |
| | 10.30-11.30AM | LIFEFIT COURSE | | PAM/SAM | GYM |
| | 11.30-12.30PM | LIFEFIT COURSE | | PAM/SAM | FS |
| | 1.30-2.30PM | BODYPUMP | (ALL) | ANTHEA | FS |
| | 5.45-6.45PM | SPINNING | (ALL) | CHARLENE | SPIN STUDIO |
| | 6.00-7.00PM | AEROBICS | (B/I) | NICOLA | FS |
| | 6.00-6.45PM | POWER PLATE INTRO | (14yrs+) | LAURENT | GYM |
| | 7.00-8.00PM | BODY BALANCE | (ALL) | ANTHEA | FS |
| | 7.00-8.00PM | SPINNING | (ALL) | JOHN LE B | SPIN STUDIO |
| | 7.30-8.45PM | GYM INTRODUCTION | (16yrs+) | CHARLENE | GYM |
| | 8.15-9.15PM | CIRCUITS | (B/I) | BETH | FS |
| <u>TUESDAY</u> | 7.05-8.00AM | SPINNING | (ALL) | BETH | SPIN STUDIO |
| <u>27-Jul</u> | 9.30-10.30AM | ABS, BUMS & THIGHS | (ALL) | BETH | FS |
| | 9.30-10.30AM | FITCLUB | | THERESA | SPORTS HALL |
| | 10.30-11.30AM | GENTLE EXERCISE (MIXED) | (50+) | KATHY | FS Men & Women welcome |
| | 10.45-11.45AM | POST LIFEFIT COURSE | | BELINDA/PAM | GYM |
| | 11.45-12.45PM | LIFE FIT COURSE | | BELINDA/PAM | FS |
| | 1.30-2.30PM | VERY GENTLE EX | (B&50+) | KATHY | FS |
| | 6.00-7.00PM | CIRCUITS | (I) | GEOFF | FS |
| | 6.00-7.00PM | SPINNING | (ALL) | ROSS | SPIN STUDIO |
| | 7.00-8.00PM | STEP | (I) | KATHY | FS |
| | 7.15-8.00PM | INTRO TO SPINNING | (B) | GEOFF | SPIN STUDIO |
| | 7.30-8.45PM | GYM INTRODUCTION | (16yrs+) | CHARLENE | GYM |
| | 8.00-9.00PM | BODY BALANCE | (ALL) | JUSTINE | FS |
| <u>WEDNESDAY</u> | 7.05-8.00AM | BODYPUMP | (ALL) | COLEEN | FS |
| <u>28-Jul</u> | 9.30-10.30AM | SPINNING | (ALL) | ANDY | SPIN STUDIO |
| | 9.30-10.30AM | BODYPUMP | (ALL) | YVETTE | FS |
| | 10.30-11.30AM | BEG AEROBICS | (B) | ANDY | FS |
| | 10.30-11.15AM | POWER PLATE INTRO | (14yrs+) | ROSS | GYM |
| | 1.30-2.45PM | GYM INTRODUCTION | (16yrs+) | HELEN | GYM |
| | 1.30-2.30PM | BODYBALANCE | (ALL) | YVETTE | FS |
| | 5.45-6.45PM | SPINNING | (ALL) | CHRIS | SPIN STUDIO |
| | 5.45-6.30PM | POWER PLATE INTRO | (14yrs+) | LUCY | GYM |
| | 6.00-7.00PM | CIRCUITS | (A) | GEOFF | FS |
| | 7.00-8.15PM | BODYPUMP | (ALL) | GEOFF | FS |
| | 7.30-8.45PM | GYM INTRODUCTION | (16yrs+) | EMMA | GYM |
| | 7.00-8.00PM | SPINNING | (ALL) | LUCY | SPIN STUDIO |
| | 8.15-9.15PM | BELLY DANCING | (ALL) | ANTHEA | FS |

Fitness Timetable

29 July - 1 August



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|----------------------|---------------|-------------------------------|----------|--------------------|---|
| THURSDAY | 7.05-7.50AM | ABS, BUMS & THIGHS | (ALL) | JO | FS |
| <u>29-Jul</u> | 7.05-8.00AM | SPINNING | (ALL) | ROSS | SPIN STUDIO |
| | 9.30-10.30AM | BOXERCISE | (ALL) | CHARLENE | FS |
| | 10.30-11.30AM | BODY BALANCE | (ALL) | ANTHEA | FS |
| | 10.30-11.30AM | LIFEFIT COURSE | | KATHY/SAM | GYM |
| | 11.30-12.30PM | LIFEFIT COURSE | | KATHY/SAM | FS |
| | 2.00-2.45PM | POWER PLATE INTRO | (14yrs+) | ROSS | GYM |
| | 5.45-6.45PM | SPINNING | (ALL) | LUCY | SPIN STUDIO |
| | 5.45-7.00PM | BODYPUMP | (ALL) | BETH | FS |
| | 6.00-6.45PM | POWER PLATE INTRO | (14yrs+) | CHARLENE | GYM |
| | 7.00-8.00PM | SPINNING | (ALL) | LAURENT | SPIN STUDIO |
| | 7.00-8.00PM | AEROBICS | (I) | NICOLA | FS |
| | 7.30-8.45PM | GYM INTRODUCTION | (16yrs+) | BETH | GYM |
| | 8.00-9.00PM | BOXERCISE | (ALL) | CHARLENE | FS |
| FRIDAY | 7.05-8.00AM | SPINNING | (ALL) | BETH | SPIN STUDIO |
| <u>30-Jul</u> | 9.30-10.30AM | BODY BALANCE | (ALL) | JUSTINE | FS |
| | 10.30-11.30AM | BODYPUMP | (ALL) | ANDY | FS |
| | 10.30-11.45AM | GYM INTRODUCTION | (16YRS+) | LUCY | GYM |
| | 10.45-11.45AM | POST LIFEFIT COURSE | | BELINDA / KATHY | GYM |
| | 11.45-12.45PM | LIFEFIT COURSE | | BELINDA / KATHY | FS |
| | 1.30-2.30PM | VERY GENTLE EX | (B&50+) | BELINDA | FS |
| | 6.00-7.15PM | GYM INTRODUCTION | (16yrs+) | LAURENT | GYM |
| | 6.00-7.00PM | CIRCUITS | (I) | GEOFF | FS |
| | 6.00-7.00PM | SPINNING | (B) | CHARLENE | SPIN STUDIO |
| | 7.00-8.00PM | BODYPUMP | (ALL) | GEOFF | FS |
| SATURDAY | 8.45-10.00AM | BODYPUMP | (ALL) | JUSTINE | FS |
| <u>31-Jul</u> | 9.00-10.00AM | SPINNING | (ALL) | ROSS | SPIN STUDIO |
| | 10.30-11.45AM | GYM INTRODUCTION | (16yrs+) | ROSS | GYM |
| | 10.00-11.00AM | BODY CONDITIONING | (ALL) | STEPH | FS |
| | 10.00-11.00AM | LIFE FIT COURSE | | KATHY | GYM |
| | 11.00-12.00PM | BODY BALANCE | (ALL) | STEPH | FS |
| | 12.15-1.15PM | BODYPUMP | (ALL) | BETH | FS |
| | 4.00-4.45PM | POWER PLATE INTRO | (14yrs+) | COLEEN | GYM |
| | 5.00-6.00PM | BODY FOCUS | [ALL] | BETH | FS LAST SESSION UNTIL 4/9/10 |
| SUNDAY | 9.30-10.30AM | BOXERCISE | (ALL) | COLEEN | FS |
| <u>01-Aug</u> | 9.45 -10.45AM | SPINNING | (ALL) | GEOFF | SPIN STUDIO |
| | 11.00-12.00PM | BODYPUMP | (ALL) | GEOFF | FS |
| | 11.00-12.15PM | GYM INTRODUCTION | (16yrs+) | CHARLENE | GYM |
| | 11.15-12.00PM | INTRO TO SPIN | (B) | COLEEN | SPIN STUDIO |
| | 4.00-4.45PM | POWER PLATE INTRO | (14yrs+) | ANDY | GYM |