

# Fitness Timetable

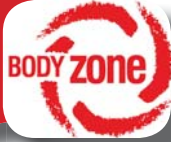
## 2 - 4 August



<u>MONDAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>LEVEL</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>
<u>02-Aug</u>	7.05-8.00AM	<b>BODYPUMP</b>	(ALL)	STEPH	FS
	9.30-10.30AM	<b>BODY BALANCE</b>	(ALL)	YVETTE	FS
	9.30-10.30AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	10.30-11.30AM	<b>BEG AEROBICS</b>	(B)	ANDY	FS
	10.30-11.30AM	<b>LIFEFIT COURSE</b>		PAM/SAM	GYM
	11.30-12.30PM	<b>LIFEFIT COURSE</b>		PAM/SAM	FS
	1.30-2.30PM	<b>BODYPUMP</b>	(ALL)	ANTHEA	FS
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	ANDY	SPIN STUDIO
	6.00-7.00PM	<b>AEROBICS</b>	(B/I)	BELINDA	FS
	6.00-6.45PM	<b>POWER PLATE INTRO</b>	(14yrs+)	BETH	GYM
	7.00-8.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	7.00-8.00PM	<b>SPINNING</b>	(ALL)	JOHN LE B	SPIN STUDIO
	7.30-8.45PM	<b>GYM INTRODUCTION</b>	(16yrs+)	VERITY	GYM
	8.15-9.15PM	<b>CIRCUITS</b>	(B/I)	BETH	<b>FS LAST SESSION UNTIL 6/9/10</b>
<u>TUESDAY</u>	7.05-8.00AM	<b>SPINNING</b>	(ALL)	TIM	SPIN STUDIO
<u>03-Aug</u>	9.30-10.30AM	<b>ABS, BUMS &amp; THIGHS</b>	(ALL)	TROY	FS
	9.30-10.30AM	<b>FITCLUB</b>		THERESA	
	10.30-11.30AM	<b>GENTLE EXERCISE (MIXED)</b>	(50+)	KATHY	FS
	10.45-11.45AM	<b>POST LIFEFIT COURSE</b>		BELINDA/PAM	GYM
	11.45-12.45PM	<b>LIFE FIT COURSE</b>		BELINDA/PAM	FS
	1.30-2.30PM	<b>VERY GENTLE EX</b>	(B&50+)	KATHY	FS
	6.00-7.00PM	<b>CIRCUITS</b>	(I)	GEOFF	FS
	6.00-7.00PM	<b>SPINNING</b>	(ALL)	ROSS	SPIN STUDIO
	7.00-8.00PM	<b>STEP</b>	(I)	KATHY	FS
	7.15-8.00PM	<b>INTRO TO SPINNING</b>	(B)	GEOFF	SPIN STUDIO
	7.30-8.45PM	<b>GYM INTRODUCTION</b>	(16yrs+)	CHARLENE	GYM
	8.00-9.00PM	<b>BODY BALANCE</b>	(ALL)	STEPH	FS
<u>WEDNESDAY</u>	7.05-8.00AM	<b>BODYPUMP</b>	(ALL)	COLEEN	FS
<u>04-Aug</u>	9.30-10.30AM	<b>SPINNING</b>	(ALL)	ANDY	SPIN STUDIO
	9.30-10.30AM	<b>BODYPUMP</b>	(ALL)	YVETTE	FS
	10.30-11.30AM	<b>BEG AEROBICS</b>	(B)	ANDY	FS
	10.30-11.15AM	<b>POWER PLATE INTRO</b>	(14yrs+)	ROSS	GYM
	1.30-2.45PM	<b>GYM INTRODUCTION</b>	(16yrs+)	HELEN	GYM
	1.30-2.30PM	<b>BODYBALANCE</b>	(ALL)	YVETTE	FS
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	CHRIS	SPIN STUDIO
	5.45-6.30PM	<b>POWER PLATE INTRO</b>	(14yrs+)	LUCY	GYM
	6.00-7.00PM	<b>CIRCUITS</b>	(A)	GEOFF	FS
	7.00-8.15PM	<b>BODYPUMP</b>	(ALL)	GEOFF	FS
	7.30-8.45PM	<b>GYM INTRODUCTION</b>	(16yrs+)	EMMA	GYM
	7.00-8.00PM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	8.15-9.15PM	<b>BELLY DANCING</b>	(ALL)	ANTHEA	FS

# Fitness Timetable

## 5 - 8 August



<b>THURSDAY</b>	7.05-7.50AM	<b>ABS, BUMS &amp; THIGHS</b>	(ALL)	JO	FS
<b><u>05-Aug</u></b>	7.05-8.00AM	<b>SPINNING</b>	(ALL)	GEOFF	SPIN STUDIO
	10.30-11.30AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	10.30-11.30AM	<b>LIFEFIT COURSE</b>		KATHY/SAM	GYM
	11.30-12.30PM	<b>LIFEFIT COURSE</b>		KATHY/SAM	FS
	2.00-2.45PM	<b>POWER PLATE INTRO</b>	(14yrs+)	LUCY	GYM
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	5.45-7.00PM	<b>BODYPUMP</b>	(ALL)	ANDY	FS
	6.00-6.45PM	<b>POWER PLATE INTRO</b>	(14yrs+)	CHARLENE	GYM
	7.00-8.00PM	<b>AEROBICS</b>	(I)	BELINDA	FS
	7.30-8.45PM	<b>GYM INTRODUCTION</b>	(16yrs+)	ANDY	GYM
	8.00-9.00PM	<b>BOXERCISE</b>	(ALL)	CHARLENE	FS
<b>FRIDAY</b>	7.05-8.00AM	<b>SPINNING</b>	(ALL)	BETH	SPIN STUDIO
<b><u>06-Aug</u></b>	9.30-10.30AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	10.30-11.30AM	<b>BODYPUMP</b>	(ALL)	ANDY	FS
	10.30-11.45AM	<b>GYM INTRODUCTION</b>	(16YRS+)	HELEN	GYM
	10.45-11.45AM	<b>POST LIFEFIT COURSE</b>		BELINDA / KATHY	GYM
	11.45-12.45PM	<b>LIFEFIT COURSE</b>		BELINDA / KATHY	FS
	1.30-2.30PM	<b>VERY GENTLE EX</b>	(B&50+)	BELINDA	FS
	6.00-7.15PM	<b>GYM INTRODUCTION</b>	(16yrs+)	COLEEN	GYM
	6.00-7.00PM	<b>CIRCUITS</b>	(I)	GEOFF	FS
	6.00-7.00PM	<b>SPINNING</b>	(B)	JOHN LE B	SPIN STUDIO
	7.00-8.00PM	<b>BODYPUMP</b>	(ALL)	GEOFF	FS
<b>SATURDAY</b>	8.45-10.00AM	<b>BODYPUMP</b>	(ALL)	ANTHEA	FS
<b><u>07-Aug</u></b>	9.00-10.00AM	<b>SPINNING</b>	(ALL)	ROSS	SPIN STUDIO
	10.30-11.45AM	<b>GYM INTRODUCTION</b>	(16yrs+)	ROSS	GYM
	10.00-11.00AM	<b>BODY CONDITIONING</b>	(ALL)	STEPH	FS
	10.00-11.00AM	<b>LIFE FIT COURSE</b>		KATHY	GYM
	11.00-12.00PM	<b>BODY BALANCE</b>	(ALL)	STEPH	FS
	4.00-4.45PM	<b>POWER PLATE INTRO</b>	(14yrs+)	COLEEN	GYM
<b>SUNDAY</b>	9.30-10.30AM	<b>BOXERCISE</b>	(ALL)	COLEEN	FS
<b><u>08-Aug</u></b>	9.45 -10.45AM	<b>SPINNING</b>	(ALL)	GEOFF	SPIN STUDIO
	11.00-12.00PM	<b>BODYPUMP</b>	(ALL)	GEOFF	FS
	11.00-12.15PM	<b>GYM INTRODUCTION</b>	(16yrs+)	CHARLENE	GYM
	11.15-12.00PM	<b>INTRO TO SPIN</b>	(B)	COLEEN	SPIN STUDIO
	4.00-4.45PM	<b>POWER PLATE INTRO</b>	(14yrs+)	ANDY	GYM