

Fitness Timetable

8 - 10 March



MONDAY

08-Mar

<u>TIME</u>	<u>CLASS</u>	<u>LEVEL</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>
7.05-8.00AM	BODYPUMP	(ALL)	MIKE	FS
9.30-10.30AM	BODY BALANCE	(ALL)	YVETTE	FS
9.30-10.30AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
10.30-11.30AM	BEGINNERS 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)	ANDY	SPIN STUDIO
6.00-7.00PM	AEROBICS	(B/I)	DAVE C	FS
6.00-6.45PM	POWER PLATE INTRO	(14yrs+)	COLEEN	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

TUESDAY

09-Mar

7.05-8.00AM	SPINNING	(ALL)	TIM	SPIN STUDIO
9.30-10.30AM	ABS, BUMS & THIGHS GENTLE EXERCISE (MIXED)	(ALL)	TROY	FS
10.30-11.30AM	(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)	DAVE C	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

WEDNESDAY

10-Mar

7.05-8.00AM	BODYPUMP	(ALL)	COLEEN	FS
9.30-10.30AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
9.30-10.30AM	BODYPUMP	(ALL)	YVETTE	FS
10.30-11.30AM	BEGINNER AEROBICS	(B)	ANDY	FS
10.30-11.15AM	POWER PLATE INTRO	(14yrs+)	ROSS	GYM
1.30-2.45PM	GYM INTRODUCTION	(16yrs+)	ROSS	GYM
1.30-2.30PM	BODYBALANCE	(ALL)	YVETTE	FS
4.00-5.00PM	FITCLUB COURSE	(5-8yrs)	THERESA	FS
5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
5.45-6.30PM	POWER PLATE INTRO	(14yrs+)	LUCY	GYM

CHANGE OF VENUE

6.00-7.00PM	CIRCUITS	(A)	GEOFF	DFH CHANGE OF VENUE LOTS OF RUNNING
6.00-7.00PM	ABT,BUMS & THIGHS	(ALL)	JO MORGAN	FS EXTRA CLASS
7.00-8.15PM	BODYPUMP	(ALL)	GEOFF	FS
7.30-8.45PM	GYM INTRODUCTION	(16yrs+)	LAURENT	GYM
7.00-8.00PM	SPINNING	(ALL)	LUCY	SPIN STUDIO
8.15-9.15PM	BELLY DANCING	(ALL)	ANTHEA	FS

Fitness Timetable

11 - 14 March



THURSDAY

11-Mar

7.05-7.50AM	ABS, BUMS & THIGHS	(ALL)	JO MORGAN	FS
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 SPIN STUDIO
5.45-6.45PM	SPINNING	(ALL)	LUCY	SPIN STUDIO
5.45-7.00PM	BODYPUMP	(ALL)	ANDY	FS
6.00-6.45PM	POWER PLATE INTRO	(14yrs+)	CHARLENE	GYM SPIN STUDIO
7.00-8.00PM	SPINNING	(ALL)	TROY	SPIN STUDIO
7.00-8.00PM	AEROBICS	(I)	DAVE C	FS
7.30-8.45PM	GYM INTRODUCTION	(16yrs+)	ANDY	GYM
8.00-9.00PM	BOXERCISE	(ALL)	CHARLENE	FS

FRIDAY

12-Mar

7.05-8.00AM	SPINNING	(ALL)	BETH	SPIN STUDIO
9.30-10.30AM	BODY BALANCE	(ALL)	JUSTINE	FS
10.30-11.30AM	BODYPUMP	(ALL)	ANDY	FS
10.30-11.45AM	GYM INTRODUCTION	(16yrs+)	VERITY	GYM
10.45-11.45AM	POST LIFEFIT COURSE		BELINDA / ELLEN	GYM
11.45-12.45PM	LIFEFIT COURSE		BELINDA / ELLEN	FS
1.30-2.30PM	VERY GENTLE EX	(B&50+)	BELINDA	FS
6.00-7.15PM	GYM INTRODUCTION	(16yrs+)	BETH	GYM
6.00-7.00PM	CIRCUITS	(I)	GEOFF	FS SPIN STUDIO
6.00-7.00PM	SPINNING	(B)	COLEEN	SPIN STUDIO
7.00-8.00PM	BODYPUMP	(ALL)	GEOFF	FS

SATURDAY

13-Mar

8.45-10.00AM	BODYPUMP	(ALL)	JUSTINE	FS SPIN STUDIO
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)	DAVE C	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)	DAVE C	FS
3.45-4.45PM	BELLY DANCING	(ALL)	ANTHEA	FS
4.00-4.45PM	POWER PLATE INTRO	(14yrs+)	CHARLENE	GYM
5.00-6.00PM	SNOWFIT COURSE	(14yrs+)	PAM	FS
6.00-7.00PM	BODY FOCUS	[ALL]	BETH	FS

SUNDAY

14-Mar

9.30-10.30AM	BOXERCISE	(ALL)	COLEEN	FS
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
5.00-6.00PM	TEEN CIRCUITS	(12-16yrs)	BETH	FS

NEW TIME/COURSE