

Monday	Class	Instructor
9:40am - 10:25am	Aqua Aerobics	Jackie
10:30am - 11:15pm	Spin	Charlie
11:30am - 12:30pm	Pilates	Charlie
2:15pm - 3:15pm	Pilates	Nevin
6:10pm - 7:10pm	Pilates	Mandy
7:30pm - 8:15pm	Spin	Judy
Tuesday	Class	Instructor
10:15am - 11:15am	Yoga	Rochelle
11:30am - 12:30pm	Stretch Pilates	Charlie
12:45pm - 1:45pm	Stretch Pilates	Charlie
2:00pm - 3:00pm	Zumba	Tracy
6:15pm - 7:15pm	20:20:20	Maria
6:15pm - 7:00pm	Aqua Aerobics	Sue
7:30pm - 8:15pm	Spin	Judy
8:25pm - 9:25pm	Pilates	Nevin
Wednesday	Class	Instructor
9:45am - 10:30am	Aqua Aerobics	Jackie
10:45am - 11:45am	Yoga	Helen
12:30pm - 1:30pm	Pilates	Nevin
6:30pm - 7:20pm	Pilates	Hilary
7:30am - 8:30pm	Shape & Revive	Mandy
Thursday	Class	Instructor
9:45am - 10:30am	Aqua Aerobics	Charlie
12:30pm - 1:30pm	Pilates	Charlie
1:40pm - 2:40pm	Pilates	Charlie
6:15pm - 7:15pm	Body Blast	Sue
7:30pm - 8:30pm	Freestyle Fitness Yoga	Jenny
8:35pm - 9:35pm	Yoga	Rochelle
Friday	Class	Instructor
09:45am - 10:30am	Aqua Aerobics	Sue
10:30am - 11:15am	Zumba	Tracy
11:30am - 12:15pm	Pilates	Hilary
12:20pm - 1:05pm	Pilates	Hilary
2:30pm - 3:30pm	Yoga Reserve Class (Not Bookable)	Helen
Saturday	Class	Instructor
9:00am - 10:00am	Legs, Bums & Tums	Judy
10:30am - 11:30am	Pilates	Nevin