



# CLASS TIMETABLE

(January 2024)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7.00am</b>	<b>Yoga</b> (8 people, 30 mins)			<b>Total Tone</b> (10 people, 30 mins)	<b>Yoga</b> (8 people, 30 mins)
<b>9.30am</b>	<b>Pump</b> (10 people, 45 mins)	<b>Aerobic Dance</b> (10 people, 45 min)	<b>Aerobic Dance</b> (10 people, 45 min)		
<b>10.00am</b>				<b>Light Resistance</b> (8 people, 30 mins)	<b>Mobility</b> (8 people, 30 mins)
<b>11.00am</b>	<b>Mobility</b> (8 people, 30 mins)				
<b>11.15am</b>		<b>Aqua Aerobics</b> (15 people, 30 mins)	<b>Aqua Aerobics</b> (15 people, 30 mins)	<b>Aqua Aerobics</b> (15 people, 30 mins)	<b>Aqua Aerobics</b> (15 people, 30 mins)
<b>6.00pm</b>	<b>Aerobic Dance</b> (10 people, 30 min)	<b>Pump</b> (10 people, 45 mins)	<b>Spinning</b> (10 people, 30 mins)	<b>Bootcamp</b> (10 people, 45 mins)	
<b>6.30pm</b>	<b>Bootcamp</b> (10 people, 45mins)		<b>Functional Tr</b> (10 people, 30 mins)		
<b>6.45pm</b>		<b>Yoga-Lates</b> (8 people, 45 mins)		<b>Stretch and flex</b> (10 people, 15 mins)	
<b>7.30pm</b>		<b>Aqua Aerobics</b> (15 people, 30 mins)	<b>Aqua Aerobics</b> (15 people, 30 mins)	<b>Aqua Aerobics</b> (15 people, 30 mins)	

**ALL CLASS BOOKINGS 1 DAY IN ADVANCE. Ph (01) 202 3119.**

