



Monday	^{S2} Body Sculpture 8.45-9.30 Leva	^{S2} Relax & Stretch 9.30-10.00 Leva	^{S1} Spin & Circuits 9.30-10.15 Jordan	^{S2} Body Sculpture 10.00-11.00 Leva	^{S2} Yin Yan Yoga 11.15-12.15 Natasha				^{S1} Spin & Circuits 18.30-19.15 Wave Team	^{S2} Boxfit 19.15-19.45 Wave Team	^{S2} Insanity 19.45-20.15 Wave Team
Tuesday	^{S2} Barbell Body Building 9.15-10.00 Karina	^{S2} Tummy Boost 10.00-11.00 Karina	^{S2} Relax & Stretch 11.00-11.45 Karina				^{S1} Power Circuits 18.30-19.15 WAVE Team	^{S1} Stretch & Strengthen 19.15-19.45 WAVE Team		^{S2} Pump Fit 18.30-19.15 Dianne	^{S2} Pilates 19.15-20.15 Dianne
Wednesday	^{S2} Fit Ball 9.00-10.00 Karina	^{S2} Yin Yan Yoga 10.05-11.05 Natasha	^{S1} Body Sculpture 10.15-11.00 Karina	^{S2} Yin Yan Yoga 11.15-12.15 Natasha	^{S1} Pilates 11.15-12.00 Karina			^{S2} Box & Circuits 18.45-19.30 WAVE Team	^{S2} Abs Burnout 19.30-20.00 WAVE Team		
Thursday	^{S2} Shape up 9.00-10.00 Karina	^{S1} Body Flow 10.00-10.45 Karina	^{S2} Pilates 10.15-11.15 Sue	POOL Aqua 9.30-10.15 Leva	^{S1} Active Senior 55+ 11.00-11.45	^{S2} Pilates 11.30-12.30 Sue		^{S1} Kettlecise 18.30-19.00 WAVE Team	^{S1} Abs Burnout 19.00-19.30 WAVE Team	^{S2} *Hot Yoga 18.15-19.45 Heidi	
Friday	^{S2} Legs, Bums & Tums 9.00-9.45 Karina	^{S2} Fit Ball 9.45-10.30 Karina	^{S2} Latino & Stretch 10.45-11.45 Karina	^{S2} Power Dumbbell 12.00-12.30 Karina							
Saturday	^{S2} *Hot Yoga 7.15-8.45 Heidi	^{S2} Fit Body 9.00-10.00 Karina	^{S2} Stretch 10.00-10.30 Karina	Body Ball Pilates 10.30-11.30 Karina							
Sunday	^{S1} Spin & Circuits 9.15-10.00 WAVE Team	^{S2} Core Stability 10.00-10.30 WAVE Team	^{S2} Stretch 10.30-11.00 WAVE Team								