

# Group Fitness Timetable

	Time	Class	Instructor
Monday	09.40 - 10.30	Trim & Tone	Paul
	10.45 - 11.45	Rip, Skip & Ball	Danielle
	18.00 - 19.00	Step & Shape	Paul
	19.00 - 20.00	Terrific Trio	Paul
	20.00 - 21.00	Body Combat	Laura
Tuesday	09.30 - 10.30	Power Ball	Jenny
	10.30 - 11.15	AquaFit	Paul
	10.45 - 11.45	Nifty 50's	Julie
	18.00 - 19.00	Body Combat	Danielle
	19.00 - 20.00	Body Mix	Laura
Wednesday	09.40 - 10.30	Tone & Trim	Paul
	18.00 - 18.45	AquaFit	Paul
	18.00 - 19.00	Rip, Skip & Ball	Danielle
	19.00 - 20.00	Step & Shape	Paul
	20.15 - 21.15	Circuits	Grant
Thursday	09.30 - 10.15	AquaFit	Paul
	09.30 - 10.30	Body Combat	Laura
	18.00 - 19.00	Body Combat	Danielle
	19.00 - 20.00	Yoga	Jenny
	19.00 - 20.00	Zumba	Paul
Friday	09.40 - 10.30	Pure Pump	Jenny
	10.45 - 11.45	Yoga	Jenny
	11.00 - 11.45	50+ Aqua	Paul
	17.45 - 18.45	Circuits	Stuart
	19.00 - 20.00	Cardio Dance	Paul
Saturday	10.00 - 11.00	Body Combat	Danielle
	11.00 - 12.00	Body Pump	Laura
Sunday	19.00 - 20.00	Sweatbox	Paul