

Group Fitness Timetable

	Time	Class	Location
Monday	09.30-10.30	Zumba	16 yrs+
	18.30-19.30	Phased Fitness	16 yrs+
Tuesday	08.30-10.00	Walking for Health	All
	10.00-12.30	Walking for Health	All
	18.30-19.25	Boxercise	16 yrs+
Wednesday	09.30-10.30	Strength & Interval Training (with Suzie)	16 yrs+
	10.30-11.15	Mums & Babies Fitness Pilates	Babies at least 6 weeks
Thursday	18.30-19.25	Circuit Training	16 yrs+
	19.30-20.30	Zumba	16 yrs+

