

# IS IT A WORKOUT OR A PARTY?

Commencing Monday 17th May 2010

PLEASE REMEMBER ENTRY TO A CLASS AFTER THE WARM UP WILL NOT BE PERMITTED. THANKYOU

MONDAY				
Time	Class	Instructor	Length	Studio
6.15am	RPM	Wade	1 Hr	RPM
9.15am	Body Combat	Dave	1 Hr	1
9.15am	Body Vive	Carol	1 Hr	Well Being
9.15am	RPM	Jenni	1 Hr	RPM
10.15am	Body Pump	Alli	1 Hr	1
4.45pm <small>starts 4/5</small>	<i>Get Going</i>	Alli	30 min	TBA
5:30pm	RPM	Alli	1 Hr	RPM
5.45pm	Yoga	Tony	1 Hr	Well Being
6.30pm	Body Step	Suzy	1 Hr	1
7.30pm	Body Combat	Belinda	1 Hr	1
7.30pm	Body Balance	Wendy	1 Hr	Well Being

TUESDAY				
Time	Class	Instructor	Length	Studio
6.15am	Body Pump	Emma	1 Hr	1
9.15am	Body Step	Suzy	1 Hr	1
9.15am	RPM	Paul	1 Hr	RPM
10.15am	Body Pump	Paul	1Hr	1
10:15am	Body Balance	Suzy	1 Hr	Well Being
11.15am	Belly Dancing	Deb	1 Hr	Well Being
5:30pm	Body Pump	Wade/Alli	45 min	1
6:30pm	Body Balance	Penny	1 Hr	Well Being
6:30pm	RPM	Wade	1 Hr	RPM
6:30pm	*Zumba*	Deb	1Hr	1
7.30pm	*Zumba*	Deb	1 Hr	1

WEDNESDAY				
Time	Class	Instructor	Length	Studio
6.15am	RPM	Wade	1 Hr	RPM
9.15am	Body Attack	Leanne	45min	1
9.15am	Circuit	Clayton	45min	Circuit
9.15am	RPM	Alli	1 Hr	RPM
10.15am	Body Pump	Alli	1 Hr	1
10.15am	Body Balance	Emma	1 Hr	Well Being
11.15am <small>starts 9/6</small>	*Zumba*	Belinda	1 Hr	1
5.30pm	Body Vive	Kylie D	1 Hr	1
5.30pm	RPM	Karen	1 Hr	RPM
6.30pm	Circuit	Samantha	45min	Circuit
6.30pm	Kickbox	Fernando	1 Hr	Well Being
6:30pm	Body Balance	Kylie D	1 Hr	1
7:30pm <small>NEW</small>	Body Step	Leanne	1Hr	1

THURSDAY				
Time	Class	Instructor	Length	Studio
6.15am	Body Pump	Paul	1 Hr	1
9.15am	Body Vive	Alli	1 Hr	Well Being
9.15am	Body Step	Suzy	1Hr	1
9.15am	RPM	Jenni	1Hr	RPM
10.15am	BodyJam <i>Retro</i>	Carol	1Hr	1
10:15am	Body Balance	Suzy	1 Hr	Well Being
11.15am	Belly Dancing	Deb	1 Hr	Well Being
5.30pm	Body Pump	Clayton	1 Hr	1
6.30pm	Pilates	Karin	45 min	Well Being
6:30pm	RPM	Clayton	1 Hr	RPM
6:30pm	*Zumba*	Deb	1 Hr	1
7.15pm <small>NEW</small>	Yoga	Tony	1 Hr	Well Being

FRIDAY				
Time	Class	Instructor	Length	Studio
6.15am	RPM	Paul	1 Hr	RPM
8:30am <small>starts 4/6</small>	<i>Get Going</i>	Alli	30 min	TBA
9.15am	Kickbox	Fernando	1 Hr	Well Being
9.15am	Body Combat	Belinda	1 Hr	1
9.15am	RPM	Lyn	1 Hr	RPM
10.15am	Body Pump	Lyn	45 min	1
10:15am	Body Balance	Wendy	1 Hr	Well Being
11:15am <small>starts 11/6</small>	*Zumba*	Belinda	1 Hr	1
5.30pm	RPM	Shane	1 Hr	RPM
6.15pm	Body Attack	Leanne	1 Hr	1
6.15pm	Body Balance	Penny	1 Hr	Well Being

SATURDAY				
Time	Class	Instructor	Length	Studio
8.30am	Body Pump	Carma	1 Hr	1
9.30am	RPM	Samantha	1 Hr	RPM
9.30am	Body Combat	Dave	1Hr	1
9:30am	Body Balance	Wendy	1Hr	Well Being
10:30am	*Zumba*	Deb	1 Hr	1

SUNDAY				
Time	Class	Instructor	Length	Studio
8.30am	Body Pump	Kylie R	1 Hr	1
9.30am	RPM	Shane	1 Hr	RPM

## GET A PIECE OF THE ACTION!