

<b>Monday</b>		9.30am Aerobics Step 45mins	10.15am Yoga 1hr	10:30am Aqua Aerobics 30mins	11.30am Aqua Aerobics 30mins	6.00pm Body Tone 30mins	6.45pm * Ashtanga Yoga		
<b>Tuesday</b>	7.15am Aqua Aerobics 30mins	9.15am B.L.T 45mins	10.00am * Pilates			6.00pm Spinning 30 mins	6.45pm * Pilates	7.45pm * Pilates	
<b>Wednesday</b>		9.30am Cardio Kick Box 30mins	10.30am Aqua Aerobics 30mins			6.00pm Step & Tone 45mins	6.45pm Aqua Aerobics 30mins	7.30pm Yoga 1hr	8.30pm Yoga Beginners 1hr
<b>Thursday</b>	7.15am Aqua Aerobics 30mins	9.30am Body Pump 45mins				6.30pm Spinning 30mins	7.00pm Body Pump 30-45mins		
<b>Friday</b>		9.30am Spinning 30mins	10.30am Aqua Aerobics 30mins						

## Class Timetable 2010

**Please note:**

Class schedule may vary from time to time. Each class needs 3 participants to go ahead

\*Extra charge

For safety & hygiene purposes, a towel and water are compulsory.

For safety reasons an instructor reserves the right to deny late comers to a class.