

Workout Classes Timetable

Starting Monday 18th January 2010

MONDAY	SESSION		VENUE
9.30 – 10.25	Body Conditioning	Jane	Hall
10.30 – 11.25	BodyAttack	Steph	Hall
10.30 – 11.25	Yoga	Jane	Lounge
12.00-12.45	AquaTherapy	Sam	Boom Pool
12.00- 12.45	Pre Natal Aqua	Jane	Pool
12.45-13.30	Post Natal Aqua	Jane	Pool
14.00 - 14.45	50+Workout	Simon K	Lounge
18.00 –18.55	BodyStep	Jack	Hall
18.00 – 18.55	BodyBalance	Steph	Lounge
19.00 – 19.55	BodyCombat	Mel	Hall
19.00- 20.00	BodyAttack	Jack	Hall
19.00 – 19.45	Aqua Blast	Angela	Teach Pool
20.00 –21.00	BodyPump	Mel	Hall
TUESDAY			
9.30 – 10.25	BodyPump	Ian	Hall
9.30 - 10.25	50+ Chi Ball	Julie	Lounge
10.30 – 11.30	BodyCombat	Jack	Hall
10.30-11.30	Pilates	Jax	Lounge
18.00 –18.55	Abs Butts & Thighs	Keli	Hall
19.00– 19.55	BodyStep	Steph	Hall
20.00 –20.45	Aqua	Angela	Pool
20.00 – 21.00	BodyCombat	Liz	Hall
WEDNESDAY			
9.30 – 10.25	Body Step	Jack	Hall
10.30 – 11.25	Abs Butts and Thighs	Jill	Hall
18.00-18.55	Abs Butts Thighs	Jo	Lounge
18.00 – 18.55	BodyCombat	Mel	Hall
19.00 – 20.00	BodyPump	Mel	Hall
19.15 - 20.00	Aqua Blast	Hollie	Teach Pool
19.00 – 19.55	Pilates	Steph N	Lounge
20.00 – 20.45	Deep Aqua	Jo	Dive Pit
20.00 – 21.00	Yoga	Simon B	Lounge

THURSDAY

9.30 - 10.25	ChiBall Aerobics	Jane	Lounge
9.30 - 10.25	BodyPump	Jax	Hall
10.30 – 11.25	Boxercise	Alison	Hall
10.30 – 11.25	Pilates	Jane	Lounge
18.00 – 18.55	BodyCombat	Jo	Hall
19.00 – 19.55	BodyAttack	Steph N	Lounge
19.00 – 19.55	BodyBalance	Simon B	Lounge
20.00 – 21.00	Abs Butts and Thighs	Keli	Hall

FRIDAY

9.30 – 10.25	BodyCombat	Liz	Hall
9.30 - 10.25	TBL	Shelly	Lounge
10.30 - 11.25	BodyAttack	Jack	Lounge

SATURDAY

8.00 – 8.55	BodyAttack	Jo	Hall
9.00 – 10.00	BodyPump	Jax	Hall
10.00 – 10.55	BodyCombat	Jo	Hall

SUNDAY

9.00 – 09.45	Shallow Aqua	Jo	Pool
9.00 - 10.00	BodyPump	Steph	Hall
10.10- 11.10	BodyCombat	Sean	Hall

Please note this timetable can be subject to change