

2018 STUDIO TIMETABLE - October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Figure Fit C & F 9:00 - 10:00am	Pilates Marie 9:30 - 10:30am	Hi Low Aerobics John 9:45 - 10:45am	Zumba C&F 9:15- 10:15am	Aqua Aerobics C & F 9:00 – 09.45am	Studio Hire 10:00 - 11:00am	
	Pilates Marie 10:30 - 11:30am	Spin Marie 10:45 - 11:30am	Power Walk 10:30 - 11:30am	Aqua Aerobics C&F 10:30 - 11:15am	HIIT C&F 9.45 - 10.30am		
	Aqua Aerobics Marie 11:40 - 12:25pm	Supple Strength Marie 11:30 - 12:30pm	Aqua Aerobics John 11:00 - 11:45am	Vinyasa Yoga Michael Jarvis 10:30-11:30am	Hatha Yoga Gemma 10:30 - 11:30am		
PM	Family Zumba C&F 5.45– 6:30pm	Hatha yoga Beginner Fern 5:30-6:30pm	Studio Hire 4:30 - 5:30pm	Power Circuit Vicki 6:00 – 6:45pm			
	Spin Vicki 6:30 - 7:15pm	Hatha yoga intermediate Fern 6:30-7:30pm	Wednesday Workout C&F 5.:30– 6:30pm	Spin Vicki 7.00 - 7:45pm			
	Aqua Pool Party C&F 6:45-7:30pm	Pump & Tone Vicki 7:30 - 8:30pm	Vinyasa Yoga Michael Jarvis 6.30pm-7.30pm				