

2019 STUDIO TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	FIGURE FIT C&F 09.00-10.00	PILATES MARIE 09.30-10.30	HI LOW AEROBICS JOHN 09.45-10.45	ZUMBA C&F 09.15-10.15	AQUA AEROBICS C&F 09.00-10.00	
	PILATES MARIE 10.30-11.30	SPIN MARIE 10.45-11.30	POWER WALK 10.30-11.30	AQUA AEROBICS C&F 10.30-11.15	HIIT C&F 09.45-10.30	STUDIO HIRE 10.00-11.00
	AQUA AEROBICS MARIE 11.40-12.25	SUPPLE STRENGTH MARIE 11.30-12.30	AQUA AEROBICS JOHN 11.00-11.45	VINYASA YOGA MICHAEL JARVIS 10.30-11.30	HATHA YOGA GEMMA 10.30-11.30	
PM	FAMILY ZUMBA C&F 17.45-18.45	HATHA YOGA BEGINNER FERN 17.30-18.30	STUDIO HIRE 16.30-17.30			
	SPIN VICKI 18.30-19.15	HATHA YOGA INTERMEDIATE FERN 18.30-19.30	WEDNESDAY WORKOUT C&F 17.30-18.30	POWER CIRCUIT VICKI 18.00-18.45		
	AQUA HIIT C&F 18.45-19.30	PUMP & TONE VICKI 19.30-20.30	VINYASA YOGA MICHAEL JARVIS 19.00-20.00	SPIN VICKI 19.00-19.45		