

## FITNESS CLASSES // AUTUMN 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<b>PILATES</b> MARIE 09:30-10:30				<b>ABS</b> ANGELA 09:30-10:00	
	<b>SUPPLE STRENGTH</b> MARIE 11:00-12:00	<b>YOGA FOR BEGINNERS</b> YVONNE 10:15-11:30	<b>POWER WALK</b>  10.30-11.30		<b>YOGA</b> ANGELA 10:30-11:30	
			<b>AQUA AEROBICS</b> DEAN 11.30-12.15			
PM	<b>LEGS, BUMS &amp; TUMS</b> VICKI 18:30-19:15	<b>ZUMBA</b> DEAN 18:00-18:45	<b>SPIN</b> VICKI 18:30-19:15	<b>LEGS, BUMS &amp; TUMS</b> ANGELA 18:30-19:15		
	<b>AQUA AEROBICS</b> DEAN 18:30-19:15	<b>PUMP &amp; TONE</b> VICKI 19:00-20:00		<b>YOGA</b> ANGELA 19:30-20:30		