

AEROBICS TIMETABLE

	Time	Sessions	Instructor	Location	Capacity
Monday	10am	Step	Denise	Squash B	
	6pm	Met-Con*	Craig	Gym	7
Tuesday	9.30am	Aqua	Denise	Pool	
	10.30am	Aerobics	Denise	Squash B	
	6pm	Spin*	Vicky	Spin Room	7
	7pm	Bootcamp*	Vicky	Gym	6
Wednesday	9.30am	LTB	Denise	Squash B	
	6.30pm	Aqua	Denise	Pool	
Thursday	9.30am	LTB	Denise	Squash B	
	10.30am	Pilates	Donna	Squash B	
	6pm	Spin*	Donna	Spin Room	7
	7pm	Circuits*	Donna	Gym	6
Friday	7.40am	Beg-Hiit*	Dex	Gym	6
	8.30am	Hiit*	Dex	Gym	6
	9.15am	Spin	Donna	Spin Room	7
	10-11am	Yoga	Donna	Squash B	
	6pm	Hiit*	Craig	Gym	6
Saturday	12pm	Circuits*	Mitch	Squash C	10
Sunday	9am	Spin	Craig	Spin Room	7

*new class