

February 2011 Class Timetable

Monday			Wednesday			Friday		
7.00	8.00	Yoga & Stretch	9.30	10.30	Dance Fit	7.00	8.00	Early Morning Pilates
9.30	10.30	Body Conditioning	10.30	11.00	Abs & Stretch	9.30	10.15	Step & Tone
10.35	11.15	Middle Management	11.05	11.45	Spin	10.20	11.05	Abs & Stretch
11.15	12.00	Aqua	11.50	13.05	Yoga	12.15	1.00	Movement & Mobility
			1.05	2.05	Salsa	1.00	2.00	Pilates
5.45	6.40	REP's and SET's	5.30	6.15	Cardio Sculpt	5.45	6.45	Circuits
6.45	7.30	Dance Fit	6.25	7.25	Khai Bo	6.45	7.30	Spin & Abs
7.35	8.35	Boot Camp	7.30	8.00	Flexi Bar			
			8.00	9.00	Pilates			
Tuesday			Thursday			Saturday		
8.30	9.15	Spin	7.00	7.45	Early Morning Spin	8.05	8.50	Spin
9.30	10.30	Cardio Sculpt	9.30	10.30	Dance Fit	9.00	10.00	Circuits
9.30	10.30	Aqua	10.30	11.30	Aqua	10.00	10.45	Step
10.30	11.15	LBT	10.40	11.40	Functional Conditioning	10.00	11.00	Aqua
11.15	12.00	Fit Ball	11.45	12.45	Pilates	10.45	11.45	REP'S & SET'S
5.10	5.55	Trim & Tone						
6.00	6.45	Step	5.45	6.30	Step			
6.45	7.30	LBT	6.30	7.30	Rep's & Set's	9.30	10.15	Wake Up Workout
8.00	9.00	Zumba	7.30	8.45	Yoga	10.25	11.25	Weights & More
						11.30	12.30	Pilates
Sunday								