

## January 2011 Class Timetable

<b>Monday</b>			<b>Wednesday</b>			<b>Friday</b>		
7.00	8.00	Yoga & Stretch	9.30	10.15	Spin	7.00	8.00	Early Morning Pilates
9.30	10.30	Body Conditioning	10.30	11.30	Aerobics	9.30	10.15	Step & Tone
10.35	11.15	Middle Management	11.45	13.00	Yoga	10.20	11.05	Abs & Stretch
11.15	12.00	Aqua	1.00	2.00	Salsa	12.15	1.00	Movement & Mobility
						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			
<b>Tuesday</b>			<b>Thursday</b>			<b>Saturday</b>		
9.30	10.30	Cardio Sculpt	7.00	7.45	Early Morning Spin	8.05	8.50	Spin
9.30	10.30	Aqua	9.30	10.30	Dance Fit	9.00	10.00	Circuits
10.30	11.15	LBT	10.30	11.30	Aqua	10.00	10.45	Step
11.15	12.00	Fit Ball	10.40	11.40	Functional Conditioning	10.00	11.00	Aqua
			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			
8.00	9.00	Zumba	7.30	8.45	Yoga	9.30	10.15	Wake Up Workout
						10.25	11.25	Weights & More
						11.30	12.30	Pilates
<b>Sunday</b>								