

Time	Class	Instructor
MONDAY		
10:00 – 10:45am	Aerobics	Davina
12:30 – 1:15pm	Easy Does It	Jo
6:00 – 6:45pm	Circuit Training	Paul
6:45 – 7:15pm	FBX	Catherine
TUESDAY		
9:30 – 10:15am	Yoga Fit	Jo
10:30 – 11:15am	Prime Time Exercise	Jo
WEDNESDAY		
9:15 – 10:00am	Aerobics	Davina
10:15 – 11:00am	Legs, Bums & Tums	Barry
11:00 – 11:45am	Kettlebells	Barry
THURSDAY		
10:30 – 11:15am	Prime Time Exercise	Jo
FRIDAY		
9:30 – 10:00am	Metafit	Dennis
10:00 – 10:45am	Legs, Bums & Tums	Jo
11:00am – 12:00pm	Easy Does It	Anthony