

<b>Outdoor classes</b>							
<i>all classes 45 mins</i>							
<i>effective Monday 11 October 2021</i>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6:00am</b>		<i>Cycle</i>					
						<b>9:00am</b>	<b>9:30am</b>
						<i>Cycle</i>	<i>Body Pump</i>
<b>9:30am</b>	<i>Body Step</i>	<i>Body Pump</i>	<i>Strength &amp; Tone</i>	<i>Yoga</i>	<i>Body Pump</i>		
						<b>10:00am</b>	
						<i>Body Pump</i>	
<b>10:30am</b>	<i>Body Balance</i>	<i>Tai Chi</i>		<i>Body Balance</i>	<i>Cycle</i>		
							<b>4:00pm</b>
							<i>Body Balance</i>
<b>5:40pm</b>	<i>Body Pump</i>	<i>Body Attack</i>	<i>Body Step</i>	<i>Body Pump</i>	<i>Circuit</i>		
<b>6:40pm</b>	<i>Cycle</i>		<i>Cycle</i>	<i>Body Balance</i>			

<b>Aqua ~ Indoor 25 metre pool</b>							
<i>all classes 45 mins</i>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>8:30am</b>	<i>Extreme</i>		<i>Extreme</i>		<i>Aqua</i>		
<b>9:30am</b>	<i>Aqua</i>		<i>Aqua</i>	<i>Deep H2O</i>	<i>Aqua Movers</i>		