

Summer Fitness Class Timetable 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LADIES TABATA CIRCUIT 9.15 – 9.45 AM JACQUIE		TRUE VIBE 9.30 – 10 CRAIG	LADIES TABATA CIRCUIT 9.30 – 10 JACQUIE	FIT CLUB 6.15 – 7 AM JOHN	MIXED CIRCUIT 9 – 10AM JACQUIE
	FREE LADIES TONE & TABATA 9.45-10.15 JACQUIE		FREE LADIES TONE & TABATA 10 -10.30 JACQUIE	YOGA 9.30- 10.30AM ROSLYN		
GENTS CIRCUIT 6 – 7 PM GREG	PILATES (INTERMEDIATE) 10.30 -11.15 AM JULIE	LADIES CIRCUIT 6 – 7 PM GREG	FREE MIXED CIRCUITS 6-6.45 PM GREG		PILATES (INTERMEDIATE) 8.45– 9.30AM JULIE	
YOGA 7 - 8PM ROSLYN	MIXED CIRCUIT 7 -8 PM JACQUIE		YOGA 7 - 8PM ROSLYN		PILATES (BEGINNERS) 9.30-10.15AM JULIE	

JOHN-FIT CLUB

Classes off 1st August - 15th August

JACQUIE-TABATA & TONE

Classes off 6th August - 19th August

GREG- CIRCUITS

Classes off 8th - 22nd July

ROSLYN – YOGA

Classes off 15th July - 5th August