



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am				FREE SPIN Jane #New class#			
8.00am – 45 min classes	BODY BALANCE Jasmin	YOGA MOVES Kathy	BODY PUMP Ali		PILATES Gail		
9.05am	 <p>Celebrate our 2nd birthday with us Friday 8th April  Your presence = You presents</p>					RPM Annette	
10.15am						BODYPUMP Annette	YOGA Nick
12. 05pm	PILATES *45 mins Alex	BODYPUMP Ali	BODY BALANCE Ali	STEP *45 mins Gail <i>Come along ...or I might be gone</i>	BODYPUMP Maurine		
1pm	ZUMBA Callie						
5.10pm	BODY ATTACK Pam	RPM Sally	BODY ATTACK Ali	BODYPUMP Sally	YOGA Nick		
5.15pm		PUNCHPAD Shane		RPM Shane	HEALTH AND RECREATION PROGRAMS Boot Camp : commences 2/5/11 Outdoor training, back to basics, genuine results. Burlesque Beginners— commences 11/5 x 6 weeks : \$50 Learn the seductive art of the tease in dance. Burlesque Intermediate- commences 10/5 x 6 weeks : \$50 <i>Take it to the next level...</i> Intro to Kickboxing – commences 5/5/11 Thurs 6pm—7pm x 6 weeks <i>Develop the skills & confidence with a qualified Muay Thai trainer.</i> HIP HOP : commences 10/5 Learn modern moves to todays music, just like what you see in the film clips		
5.30pm	FREE SPIN Shane		RPM Craig				
6.15pm	BODYPUMP Gail	BODY BALANCE Sally	ZUMBA Tammie	BODY BALANCE Sally			