

# STUDIO 4 TIMETABLE

# SKILL

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	09:15-10:00	Ballet Fit	Anna
<b>TUES</b>	10:30-11:15	Fit Ball	Ceri
	17:00-17:45	Boxing Fit	Alex
	<b>WEDS</b>	10:30-11:15	Seated Pilates
<b>THURS</b>	11:30-12:15	Chair based Yoga	Anna
<b>FRI</b>	09:30 - 10:15	Fitness Pilates	Robyn
	10:30 - 11:15	Body Balance	Clive
	11:30 - 12:15	Pilates	Leanne
	17:00-17:45	Kettlebells	Mandy

STUDIO  
4