

STUDIO 4 TIMETABLE

SKILL

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15-10:00	Ballet Fit	Anna
	19:00-20.00	Hypnobirthing*	Luiza
TUES	10:30-11:15	Fit Ball	Leanne
	17:00-17:45	Boxing Fit	Alex
WEDS	10:30-11:15	Seated Pilates	Leanne
	11:30-12:15	Boogie Beat*	Carrie
THURS	11:30-12:15	Chair based Yoga	Anna
FRI	09:30 - 10:15	Fitness Pilates	Robyn
	10:30 - 11:15	Body Balance	Clive
	11:30 - 12:15	Pilates	Ceri

*Not included in Gold Membership

SCHEDULE
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