

# STUDIO 3 TIMETABLE

\*Not included in Gold Memberships

|               | TIME          | ACTIVITY                 | INSTRUCTOR |
|---------------|---------------|--------------------------|------------|
| <b>MON</b>    | 08:15 - 09:00 | Body Combat              | Natalie    |
|               | 09:15 - 10:00 | Body Pump                | Natalie    |
|               | 10:15 - 11:00 | Body Conditioning        | Robyn      |
|               | 18:00 - 18:45 | Group Active             | Clive      |
|               | 19:00 - 19:45 | Legs Bum and Tums        | Clive      |
| <b>TUES</b>   | 07:15 - 08:00 | Weighted Circuit         | Alex       |
|               | 08:30 - 09:15 | Les Mills Tone           | Jayne      |
|               | 09:30 - 10:15 | Body Conditioning        | Natalie    |
|               | 10:30 - 11:15 | Zumba                    | Paula      |
|               | 11:30 - 12:15 | Fit Step                 | Paula      |
|               | 14:15 - 15:45 | U3A Table Tennis*        | U3A        |
|               | 18:00 - 18:45 | Body Pump                | Jayne      |
|               | 19:00 - 19:45 | Body Conditioning        | Robyn      |
| 20:00 - 20:45 | Dance         | Robyn                    |            |
| <b>WEDS</b>   | 08:30 - 09:15 | Body Pump                | Natalie    |
|               | 09:30 - 10:15 | Step                     | Ceri       |
|               | 10:30 - 11:15 | Body Conditioning        | Ellie      |
|               | 11:30 - 12:15 | Zumba                    | Georgie    |
|               | 18:00 - 18:45 | Body Pump                | Jayne      |
| <b>THURS</b>  | 07:00 - 07:45 | Body Pump                | Natalie    |
|               | 09:30 - 10:15 | Body Combat              | Natalie    |
|               | 10:30 - 11:15 | Body Conditioning        | Sarah F    |
|               | 18:00 - 18:45 | Body Attack              | Clive      |
|               | 19:00 - 19:45 | Step Conditioning        | Clive      |
|               | 20:00 - 20:45 | Body Balance             | Clive      |
| <b>FRI</b>    | 08:30 - 09:15 | Strength & Fitness       | Clive      |
|               | 09:30 - 10:15 | Legs Bums and Tums       | Clive      |
|               | 10:30 - 11:15 | Dance                    | Robyn      |
|               | 11:30 - 12:15 | Body Conditioning        | Robyn      |
|               | 16:05 - 17:00 | Street Cheer * (4-7)     | Georgia    |
|               | 17:05 - 18:00 | Contemporary Dance* (9+) | Georgia    |
|               | 18:05 - 19:00 | Street Dance * (8+)      | Georgia    |
| <b>SAT</b>    | 09:00 - 09:45 | Body Attack              | Jayne      |
|               | 10:00 - 10:45 | Body Pump                | Jamie      |
| <b>SUN</b>    | 10:00 - 10:45 | Step                     | Ceri       |

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