

# 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	Step Conditioning - Group Active	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
<b>TUES</b>	07:00 - 07:45	Kettlebells	Natalie
	08:30 - 09:15	Les Mills Tone	Jayne
	09:30 - 10:15	Body Conditioning	Natalie
	10:30 - 11:15	Fit Ball	Natalie
	11:30 - 12:15	Standing Strong-Go!	Natalie
	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 - Group Active	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
	16:00 - 16:45	Street Dance, (4-7 school age)	Georgia
	16:45 - 17:30	Contemporary Dance Intermediate (9-15)	Georgia
	17:30 - 18:15	Contemporary Dance Advanced (9-15)	Georgia
	18:15 - 19:00	Street Dance (8-15)	Georgia
<b>SAT</b>	09:00 - 09:45	Body Attack	Jayne
	10:00 - 10:45	Body Pump	Jaime
<b>SUN</b>	10:00 - 10:45	Step	Ceri

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