

CLASS SCHEDULE



Mon

Tue

Wed

Thu

Fri

**Stretch & Tone
11am-12pm
Pete**

**Aqua Aerobics
10.30am-11am
Carla**

**Yoga
10.30am-12pm
Lisa**

**Yoga
10.30am-12pm
Lisa**

**Pilates
9.30am-10.15am
Mo**

**Vibe Cycle
5.45pm-6.30pm
Carla**

**Pilates
11am-11.45am
Carla**

**Aqua Aerobics
5.30pm-6.15pm
Mo**

**Power Walk
11am-11.45am
Mo**

**Core Strength &
Stretch
6.30pm-7pm
Carla**

**Yoga
7.30pm-9pm
Lisa**

